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CLINT'S STILL GOT IT AT 80
NEW FILM TACKLES MORTALITY {page 15}

COUGAR
SHE'S BACK ON THE PROWL
DISH {page 23}

CALGARY metro®
Wednesday, October 13, 2010
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Chilean miners. Miracle

▶ In this screen grab taken from video, Florencio Avalos, the first miner to be rescued, left, is embraced by Chilean President Sebastian Pinera after his rescue late last night. Story, page 8.

THE ASSOCIATED PRESS

A long-awaited breath of fresh air

Florencio Avalos, the first of 33 miners to be rescued in Chile, has surfaced after 69 days underground. He stepped out of a rescue capsule amid sobs from his young son and received a bracing bear hug from Chilean President Sebastian Pinera.

Disgraced coach in trouble again

New warrant to be issued for Graham James {page 8}

No UN Security Council for us

So the government blames ... Michael Ignatieff? {page 10}

Teen hit with sex charge

- Police believe there is only a single victim
- Suspect makes his first court appearance Nov. 19
- Police say suspect is the son of day home's operator

KRISTA SYLVESTER
@METRONEWS.CA

Police have charged a 16-year-old boy in connection with an alleged sexual assault on a five-year-old victim at a private day home last month.

Staff Sgt. Leah Barber, of the police department's child abuse unit, said investigators have been in contact with the families of all the children who attended the home, located in the 100 block of Whitehaven Road NE.

"My understanding is the assaults were allegedly committed over a period of time," Barber said, adding that parents took the little girl to the hospital upon learning of the allegations.

Barber said the suspect is the son of the woman running the day home and lives in the residence.

"It's always important parents conduct reference checks," she said, while admitting a reference check wouldn't have turned up anything in this case.

Case file

Some additional details about the alleged assault:

- On Sept. 29, police were called to Alberta Children's Hospital.
- The identity of the suspect or victim cannot be released.
- The day home remains closed.

Barber said about 30 per cent of suspects in child sex-abuse cases are under 18 years old.

Since the home had fewer than six children in its care, it didn't require licensing from the Alberta government. Officials said the day-home operators have been co-operative with police.

The teen has been charged with one count each of sexual assault and sexual interference.

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Staggered openings for health facilities

New facilities will begin to open in phases at the Foothills Medical Centre, Alberta Health Services said yesterday.

The new $550-million McCaig Tower will begin to open on Oct. 20, beginning with the orthopedic surgical unit, which will house 31 beds and two operating rooms.

Once fully open, the facility will have 23 operating rooms, 93 acute care beds and an intensive care unit with 36 beds. The new building will add to the 17,000 orthopedic surgeries performed annually and increase the Foothills' surgical capacity by 10 per cent. METRO CALGARY

METRO CALGARY FILE

▶ Bob Hawkesworth

Candidate faces up to the polls

Longtime alderman Bob Hawkesworth admitted yesterday his chances of becoming Calgary's mayor are slim.

"I haven't given up, but I can also read the polls like anybody else," he said.

"All I've done is state the obvious that the polls indicate I'm not going to be Calgary's next mayor."

Hawkesworth said he will continue to campaign and has yet to decide if he will support another candidate. KATIE TURNER

KRISTA SYLVESTER/METRO CALGARY

▶ City streets around the Scotiabank building in downtown Calgary were evacuated after a pane of glass was in danger of falling from several storeys up.

A real pain in the glass

- Fire department deployed its high-angle team to the scene
- The window was fully restored by 3 p.m. yesterday

KRISTA SYLVESTER
@METRONEWS.CA

Hundreds of Calgarians spent the lunch hour yesterday gazing skyward after a glass window broke on the 33rd storey of a downtown building, creating afternoon havoc.

Several blocks between 7th and 8th avenues were shut down near the 200 block over concerns the broken glass created a public hazard, according to fire department spokesperson Brian McAsey.

"We wanted to make sure we made it as safe as we could, and especially with the wind. Things might not just fall vertically, but the wind could carry it, so we wanted to be safe," he said.

Only pieces of the pane were believed to have fallen but crews worked quickly to ensure it was deemed safe. The only delay came with replacing the window.

Employees of Scotiabank Place filed back to their offices and found they couldn't get in.

"I don't even know what is happening because we just got back from lunch. I guess we get the afternoon off," Derek Munro said.

Nobody was injured, but traffic was snarled in the core for several hours due to the closure.

Midday havoc

- Employees of the nearby TD Centre were evacuated for an unrelated fire alarm.
- The window company reportedly had trouble replacing the window.
- Centre Street to 2nd Street was blocked off.

1 news

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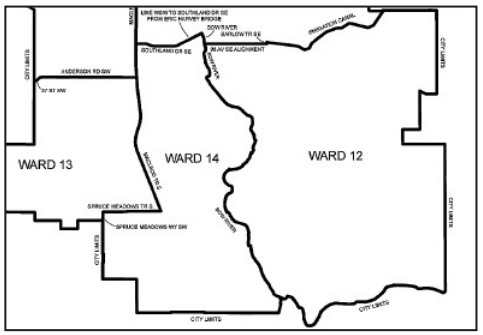
Ward 12, meet your candidates

Metro spoke to the candidates running in Ward 12 to find out where they stand.

Al Browne

Businessman (owner/partner in five restaurants)
Age: 58
No. 1 issue: "We must fix the city audit in order to know what is happening with taxpayers' money."
Why run? "I've been involved in politics for probably 30-some years now ... municipally, provincially and federally."



Shane Keating

Principal
Age: 54
No. 1 issue: "Southeast Calgary lags behind the rest of the city in terms of transportation, infrastructure and recreational facilities."
Why run? "I've always been involved in my immediate community, all the way from high school right through into my education career."

Roger Crowe

Senior product specialist at Astellas Pharma Canada
Age: 46
No. 1 issue: "Infrastructure issues are very important in Ward 12, such as a lack of good commute routes, public transit, recreation facilities and schools. I have extensive experience in this area."
Why run? "With my experience, passion and knowledge of the issues affecting Ward 12, I feel I can work with the (public) and the rest of city council to help move Calgary forward."

Rory Rotzoll

Realtor
Age: 33
No. 1 issue: "For Ward 12, access to transportation is a huge issue. For the city, transparency, accessibility and accountability all get the top spot."
Why run? "I was living out in Shepard for a while. When you live in an area the city has annexed and made a bunch of promises and then proceeded to sort of ignore, you get a little bit frustrated talking to Mr. McIver's office ... and hardly getting anywhere."

Ben Sim

Small business owner, retired fire department captain
Age: 61
No. 1 issue: "I feel that property taxes are increasing, services being reduced and are upper management positions are being increased."
Why run? "Over the past two years I have tried to bring attention to unnecessary administration spending to my alderman and city manager's office with little results."

BREAKFAST TELEVISION TALKS TO BOB HAWKESWORTH

'I'M NOT GOING TO BE THE NEXT MAYOR OF CALGARY'

Mike McCourt: Four (polls) have now shown you to be out of sight and out of mind, Mr. Hawkesworth, in the view of the Calgary elections, so the question really is, what went wrong?
Well, I'm not sure if what went wrong was about Bob Hawkesworth. I think really it's about the future of Calgary and the right priorities for Calgary. I came into this race to present a clear choice, a different choice for Calgarians. At the time ... it was the right thing to do because nobody was stepping up and coming into the race. Since then others have stepped forward and have done a better job at providing a better alternative to Mr. McIver.

Are you conceding, Mr. Hawkesworth, that you don't have a chance?
I think that one has to in this life, political life, understand that trends are trends. I can read the polls as well as anyone else. Short of a miracle, I'm not going to be the next mayor of Calgary, I think that's fair to say.

There have been suggestions that you might abandon the race and toss your support to another candidate. Is there any validity to that thesis?
That is one of the options, of course. There is a lot at stake for the future, this is all about Calgary ... Who has the leadership that can get us where we need to be and want to be? And so I have a number of options.

Watch BT this morning for Joe Connelly and tomorrow at 7 a.m. for coffee with Barb Higgins.

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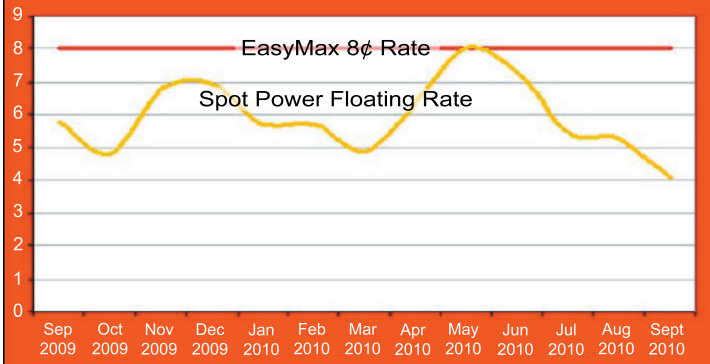

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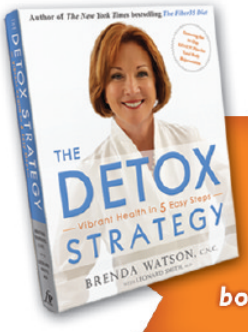

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ADRIAN WYLD/THE CANADIAN PRESS

▶ Education Minister Dave Hancock

School test results improving

But dropouts still a concern

Alberta Education is giving the school system very good overall marks over the latest provincial test results.

The results show a slight increase in the number of students achieving excellent or acceptable results in some core subjects.

But Education Minister Dave Hancock says the number of people who fail to complete high school, especially aboriginal students, remains a concern.

The overall completion rate is up slightly to 71.5 per cent.

Only about one out of every three aboriginal students completes high school, although those who do remain in class are scoring higher test results.

Hancock says a drop in test results in some English courses shows that the ability of students to critically analyze what they read and write has declined. THE CANADIAN PRESS

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When it comes to worker safety, you have a right to know

Employer records

Alberta has taken a leading role in Canada by making workplace injury and fatality records public. By releasing this information, the Alberta government wants to encourage more discussion around what we can all do to help keep people safe in the workplace.

Where to go "to know"

The employer records are available at www.employment.alberta.ca/employerrecords

For more information, call the Occupational Health and Safety Contact Centre:

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- 780-415-8690 (Edmonton and surrounding area)
- email whs@gov.ab.ca

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- 780-427-9999 in Edmonton
- 1-800-232-7215 throughout Alberta

Government of Alberta

Community concerns at forefront

100 The approximate number of people in attendance at the Ward 11 forum.

Some ward forums talked about broader city issues, even through ward-specific questions were sought.

Not so in Ward 11.

Ward-specific questions came in abundance — whether it was the southwest ring road, Sandy Beach redevelopment, transportation around the Rockyview and Mount Royal University, and the Glenmore Athletic park redevelopment.

During last night's Civic Camp forum for Ward 11, held at the Leacock Theatre at Mount Royal University, candidates actually agreed on many of the issues, but the dialogue was still enough to help residents like Tim Waddell of Garrison Green narrow down their choice.

"It got me narrowed down to two. This was more of a jumping-off point for me," said Waddell, a Calgary resident of 15 years.

Waddell said the community issues, especially regarding transportation, are critical because thousands of Calgarians outside the ward travel through the area daily, as Glenmore Trail dissects the ward.

"We have 20,000 students at Mount Royal and it's ridiculous there is no alternate transportation for the area," said Waddell.

The final Civic Camp forum is tonight's Ward 2 forum at the Royal Oak Victory Church, 7 p.m. DARREN KRAUSE

MEDICARE

Health law reform opposed

Medicare and labour groups want Alberta to shelve planned changes to laws that govern the province's health-care system.

The Friends of Medicare says the new Alberta Health Act to be introduced this fall would make it easier for the government to expand private health insurance.

Executive director Dave Eggen says it would also make it easier for the province to de-list health services from medicare coverage — a move that would force Albertans to pay out of pocket for some services.

Health Minister Gene Zwozdesky is to respond to a government-commissioned review of the health system by the end of next week. THE CANADIAN PRESS

Body likely that of climber

The RCMP say human remains found at the base of a mountain just outside Banff National Park are likely those of a climber who fell.

Searchers found the body of a man in his 50s at the foot of Ha Ling Peak near Canmore.

Investigators say they have tentatively identified the body. THE CANADIAN PRESS

Fugitive found after complaint

Calgary police have located a man wanted on an outstanding warrant.

Bradley Dale Lebsak, 39, was arrested in southeast Calgary Oct. 7 after a complaint from the public of a suspicious person.

Lebsak was being sought on a Canada-wide warrant for failing to abide by his statutory release, police said. METRO CALGARY

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First trapped Chilean miner hits surface

Avalos's son, Chile's first lady shed tears as miner emerges from rescue capsule Capsule began to lift miners upward one by one just after 9 p.m.

The first of 33 men was rescued late last night after 69 days trapped in a collapsed mine, pulled to fresh air and freedom at last in a missile-like escape capsule to the cheers of his family and countrymen.

Florencio Avalos, wearing a helmet and sunglasses to protect him from the glare of rescue lights, smiled broadly as he hugged rescuers, then embraced Chilean President Sebastian Pinera.

After he emerged from the capsule that was pulled out of a manhole-sized opening, bystanders cheered and clapped, then broke into a chant of "Chi! Chi! Chi! Le! Le! Le!" — the country's name.

Avalos gave a thumbs-up as he was led to an ambulance and medical tests after his more than two months deep below the Chilean desert — the longest anyone has ever been trapped underground and survived.

Avalos, the 31-year-old second-in-command of the miners, has been so shy that he volunteered to handle the camera rescuers sent down so he wouldn't have to appear on the videos that the miners sent up.

THE ASSOCIATED PRESS

First things first

- The miners will be ushered through an inflatable tunnel, like those used in sports stadiums, to an ambulance for a trip of several hundred metres to a triage station for a medical check.
- They will gather with a few relatives in an area also closed to the media, before being taken by helicopter to a hospital.

NATACHA PISARENKO/THE ASSOCIATED PRESS

▶ Relatives and friends of trapped miners celebrate last night while watching on a TV screen the rescue operation of Florencio Avalos at the camp outside the San Jose mine near Copiapo, Chile.

New warrant to be issued for ex-coach

A Canada-wide warrant for convicted sex offender Graham James will be issued today based on new allegations from multiple victims, The Canadian Press has learned.

Police in Winnipeg will lay new charges against the former junior hockey coach, who previously pleaded guilty to hundreds of incidents of sexual assault involving two teenaged hockey players under his influence.

A tell-all autobiography published last year by former NHL star Theoren Fleury contains new allegations against James, who coached Fleury and fellow NHLer Sheldon Kennedy as young teens in Manitoba.

Kennedy and another unnamed individual went to police in 1996, resulting in James' guilty plea, but Fleury's allegations have not resulted in charges until now.

"When they (police) did my investigation they said there were probably 75 to 100 victims out there — which I believe to be true," Kennedy said in an interview last night.

"To me, abuse kills. You can't take what Graham did lightly."
SHELDON KENNEDY, WHO PLAYED FOR JAMES AS A TEEN

James, 58, has since been pardoned of those earlier convictions and is believed to be living in Guadalajara, Mexico.

James was sentenced to three and half years in prison in 1997 and later was revealed by The Canadian Press to have received a pardon from the National Parole Board. The news of James' pardon prompted the federal government last spring to tighten the laws governing pardons.

He told reporters who tracked him in Mexico in May that he is not in hiding and has a Winnipeg lawyer to deal with any further allegations of sexual misconduct.

THE CANADIAN PRESS

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Canada nixes UN council bid

Ambassador blames Ignatieff

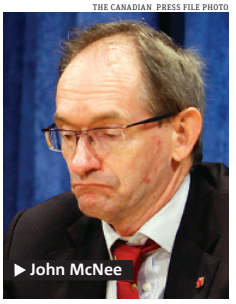
Bruised on the second ballot by its Portugese rival, Canada called an abrupt halt to its bid yesterday to rejoin the United Nations Security Council — the country's second international black eye in as many days — and laid the blame for its failure squarely at the feet of Liberal Leader Michael Ignatieff.

Canada's UN Ambassador John McNee made the announcement after the second ballot gave Portugal 113 votes and Canada just 78, both short of the 128 votes required to claim the second of two available seats on the influential council. Germany won the first seat on the first ballot. Despite recent rumblings about Canada's decidedly Israel-friendly foreign policy, it was Ignatieff, having last month openly questioned whether Canada was ready to re-join the council, who earned the brunt of the blame from both Foreign Affairs Minister Lawrence Cannon and the Prime Minister's Office. At a brief news conference at the United Nations, Cannon insisted it was Ignatieff's comments alone that put the boots to Canada's hopes. THE CANADIAN PRESS

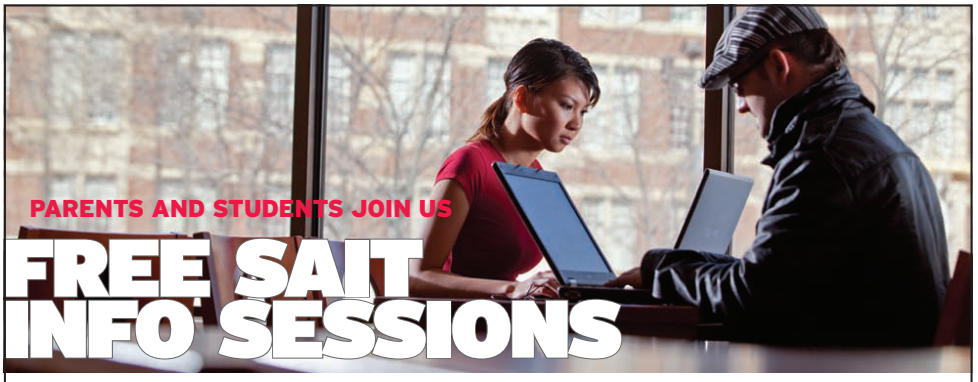
3

Three other two-year terms on the UN's most powerful body went uncontested to South Africa, India and Colombia.

THE CANADIAN PRESS FILE PHOTO



▶ John McNee



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SAIT POLYTECHNIC

NFL. Favre scandal

▶ Jenn Sterger works on the sideline before the New York Jets play the New England Patriots in an NFL football game in East Rutherford, N. J., in this September file shot.

BILL KOSTROUN/THE ASSOCIATED PRESS

League eyes allegations

Last week, the website Deadspin posted a story which included several voicemails and graphic images allegedly sent by quarterback Brett Favre to former New York Jets game hostess Jenn Sterger. NFL Commissioner Roger Goodell says the league is still looking to "find out all the facts."

Italy under fire for Catholic tax breaks

Who for?

The EU didn't specify whether the tax breaks were for the Italian Catholic Church or the Vatican, which has extensive real estate in Rome.

The European Commission has placed Italy under investigation for granting tax breaks to the Catholic Church for church-run clinics and hostels amid complaints the exemptions give the church an unfair economic advantage over rivals.

While stressing that it was not prejudging the investigation's outcome, the commission said yesterday it believed the exemptions violate EU rules on state subsidies and could distort competition.

The Italian government has a month to respond before the commission makes a decision. If it rules against Italy, the EU could order Italy to demand that the church reimburse the government.

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Dance. Defiance

▶ Protesters dance as part of a demonstration in Paris yesterday.

THIBAULT CAMUS/ THE ASSOCIATED PRESS

Non, says population

Workers tried to shut down France yesterday with strikes affecting airports, public transportation and schools in a showdown with President Nicolas Sarkozy over his government's attempt to raise the retirement age by two years to save money.

Ukraine reeling from train track tragedy

A train locomotive rammed through a stalled passenger bus on a railroad crossing in eastern Ukraine yesterday, killing 43 people and injuring eight others as the bus was pushed 300 metres down the tracks.

Investigators said the bus driver ignored the siren of the oncoming train, and the bus stalled on the tracks as the driver tried to shift gears. Witnesses said the driver also ignored a red light.

The yellow bus was smashed into a pile of metal by the blue locomotive, which was not pulling any cars. Television footage showed emergency workers piling bodies alongside the tracks outside the town of Marhanets in the Dnipropetrovsk region.

"The driver violated traffic rules," said Lyudmila Bolshakova, spokeswoman for local police.

Ukraine's Railways said the train driver saw the bus heading toward the tracks and sounded the distress siren, which the driver ignored. The train driver applied the emergency brake system, but the locomotive was unable to stop in time. THE ASSOCIATED PRESS

Crash details

- Road and railway accidents are common in Ukraine, where the roads are in poor condition and vehicles poorly cared for.
- The Dnipropetrovsk branch of the Emergency Situations Ministry said 38 people died on the spot and five more in the hospital. The victims included a child and two teenagers.
- Prime Minister Mykola Azarov declared tomorrow a day of mourning and ordered his government to pay the family of each of the dead passengers 100,000 hryvna ($12,600).

B.C. sex workers get OK to fight prostitution law

Follows Ontario judge's ruling striking down that province's legislation

A retired B.C. prostitute and a group representing sex-trade workers on Vancouver's Downtown Eastside will be able to move forward with their court challenge of Canada's anti-prostitution laws.

In a ruling released yesterday, the B.C. Court of Appeal set aside a lower court's conclusion that the two didn't have standing to challenge the case because only active sex workers could be named in the action.

The court concluded Sheryl Kiselbach and the Downtown Eastside Sex Workers United Against Violence Society have a public interest right to challenge the laws. THE CANADIAN PRESS

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Ottawa racks up record $55.6B deficit

- Feds will balance budget in five years: Flaherty
- No new spending or cost-cutting measures in update

ADRIAN WYLD/THE CANADIAN PRESS

▶ Jim Flaherty

Ottawa suffered the biggest deficit in history last year at $55.6 billion, but Finance Minister Jim Flaherty says the government remains on track to balance the budget in just over five years.

In a fiscal update delivered yesterday, Flaherty said Ottawa is roughly on track with its projections for spending and revenues and will record its first surplus in eight years in 2015-16.

"The plan to bring the budget back to balance will ensure that the federal debt, measured relative to the size of the economy, resumes its downward track by 2012-13," Flaherty told a lunch hosted by the Mississauga Chinese Business Association.

"Our government's commitment to return to balanced budgets stems from our fundamental belief that the private sector ... must be Canada's economic engine of growth, not government."

Unlike in some past years, the government unveiled no new spending or cost-cutting measures in the update, but it did contain some surprises.

Owing to a one-time cost of $5.6 billion for transitional assistance to Ontario and British Columbia to change to a harmonized sales tax this year, the 2009-2010 deficit hit a record $55.6 billion.

THE CANADIAN PRESS

Exports key for small businesses

A new study suggests more Canadian small businesses need to turn their attention towards exports in order to thrive.

The report by CIBC found only nine per cent of small- and mid-size companies are involved in exports, a decrease from 10.7 per cent in 2000.

CIBC economist Benjamin Tal says smaller businesses that focused on the domestic market did fare better during the recession.

But he says times have changed and the same small businesses should now shift their focus outside Canada's borders as more opportunities emerge.

The report says small businesses are responsible for about one-third the value of total Canadian exports.

THE CANADIAN PRESS

▶ Gap Inc. has decided to keep its decades-old white-on-navy blue logo, just one week after the company swapped it online for a new logo without saying a word.

PAUL SAKUMA/THE ASSOCIATED PRESS

GAP goes back to blue

The casualwear chain will keep its logo after all. The move comes just one week after the company swapped it for a new logo. The new one irritated fans, spurring them to complain about it online.

Best Buy to ramp up temp staff

Electronics retailer Best Buy says it will hire 2,000 seasonal workers across Canada for the hectic holiday shopping season.

The move will increase its Canadian workforce by more than 35 per cent during the one of the busiest times of the year for retailers. The announcement comes on the heels of a similar hiring push at fellow Canadian electronics giant Future Shop, which said it would hire 4,000 seasonal staff. THE CANADIAN PRESS

Market moment

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HIGH NOON FOR ORGANIZED RELIGION

Just sayin'

PAUL SULLIVAN

Toronto has become quite the staging ground for what's left of western culture.

First, we had Hollywood North, a.k.a. the Toronto International Film Festival, which rivals, even surpasses, Cannes for celebrity sightings.

Now we have Oxford West, in which two famous Brits will go at it hammer and tong over this $64,000 question: "Be it resolved, religion is a force of good for the world."

For the affirmative: Former U.K. prime minister Tony Blair, who has come out of the closet as an unapologetic Roman Catholic; and for the negative: Christopher Hitchens, the world's foremost godless heathen.

It will be High Noon for organized religion, (Exalted Noon?) or more accurately 7 p.m. Nov. 26 at Roy Thomson Hall, this year's edition of the Munk lectures, sponsored by our most eminent gold digger, Peter Munk. Maybe he should have had them debate that other famous theological question: Is it easier for a camel to go through the eye of a needle than it is for a rich man to enter the kingdom of heaven?

Here in Vancouver, where Justin Bieber is next up, we can only watch from afar, with awe. Blair is the author of the No. 1 bestselling memoir on the stands at the moment, and Hitchens is notoriously the author of God Is NOT Great: How Religion Poisons Everything, which singlehandedly spawned a movement called the New Atheism. These guys got game.

Actually, I don't know if religion has anything to do with it, but Blair looked fabulous — fit and hearty — on Letterman the other night, while Hitchens looks just terrible: Overweight, haggard and grim. It doesn't help that he is undergoing chemotherapy for esophageal cancer, but years of excess have taken their toll.

It also doesn't help that he's probably the world's most hated man: Long a left-wing gadfly, he was abandoned by the left for throwing his support behind the war on terror. Whereas the right doesn't know what to do with him since he's spent most of his adult life bashing the right's favourite poster girl, Mother Theresa, for being a sanctimonious hypocrite. He's an equal opportunity curmudgeon.

I'm not sure who is adjudicating the debate: Pope Benedict? Bill Maher? Osama bin Laden by remote from his cave? Madonna?

And I'm not sure how you score points — Jihad: Zero? Christmas: 8 out of 10? Speaking in tongues: Just weird?

Never mind. Break out the good sherry, this is exactly the kind of cultural imperialism we need more of: MMA for nerds! Intellectual Smackdown!

Nobody asked me, but this beats So You Think You Can Dance, Eh? all to … heck.

Just sayin'.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER

California homegrown

Worth mentioning

Mexico's drug traffickers are likely to lose customers in America's largest pot consuming state if California legalizes marijuana, but they won't lose much money overall because California's residents already prefer to grow their own, according to a study released yesterday.

That means the proposal on the state's November ballot to legalize marijuana also will do little to quell the drug gangs' violent and sophisticated organizations that generate billions of dollars a year, according to the study by the nonpartisan RAND Drug Policy Research Center.

Californians, who make up one-seventh of the U.S. marijuana market, already are farming marijuana at a much higher rate than in neighbouring states and tend to buy domestic rather than smuggled marijuana, the study found.

California voters will decide next month whether to legalize and tax their own recreational use of marijuana.

The measure is being closely watched in Mexico, where more than 28,000 people have died in drug violence since Mexico's President Felipe Calderon launched his crackdown on organized crime in late 2006.

THE ASSOCIATED PRESS

Budding entrepreneurs

Should marijuana be legalized? Why or why not?

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Metro Minute at Hudson's Tap House

If you have a minute to spare this evening, head down to Hudson's Tap House in Shawnessy for its grand opening and the chance to win a lot of wings.

The doors will be closing early during the day, but will reopen at 7 p.m. and the first 200 people through the door will receive free wings for a year. The bar is estimating it will be giving out $100,000 in free wings during tomorrow's wing Wednesday.

Hudson's, located at 700-16061 MacLeod Trail SE, recommends that those in the market for some free chicken should head down early and grab a spot in line.

METRO CALGARY

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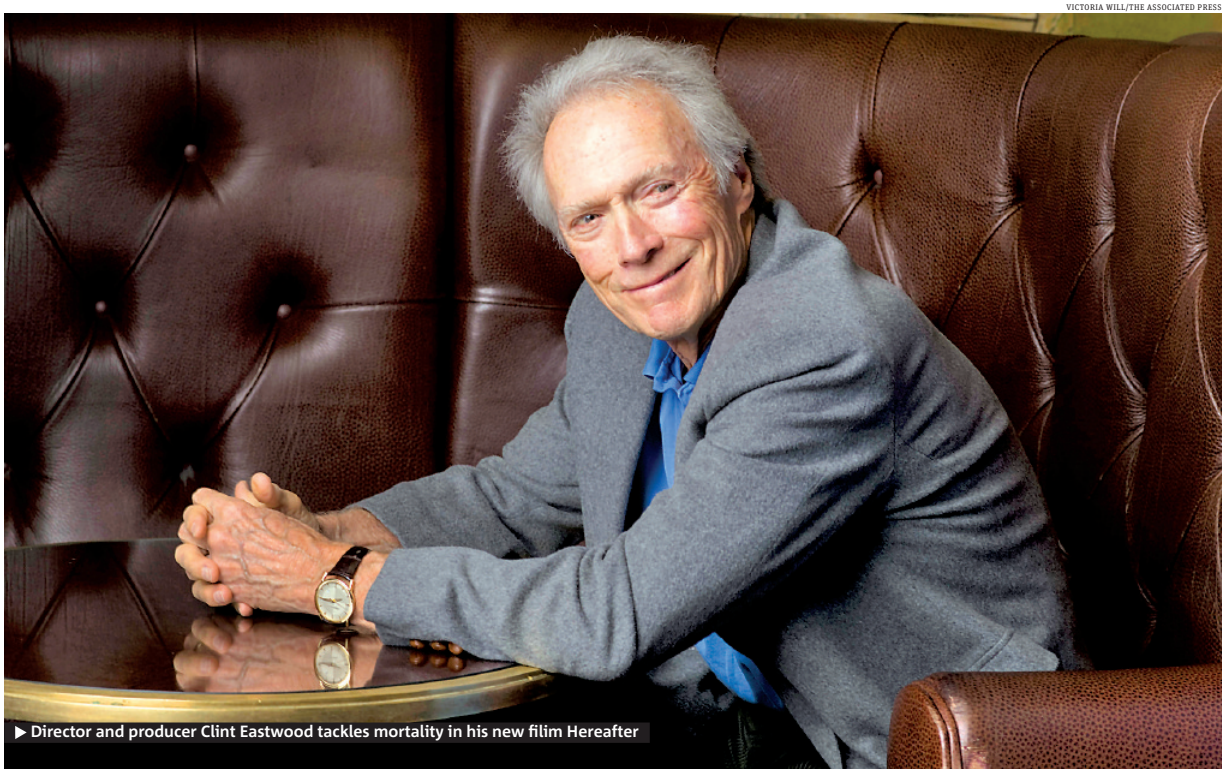
▶ Hudson's Tap House will be giving away free chicken wings for a year for the first 200 people who visit tonight.

VICTORIA WILL/THE ASSOCIATED PRESS



▶ Director and producer Clint Eastwood tackles mortality in his new filim Hereafter

Eastwood looking towards the afterlife

Clint Eastwood ponders mortality with Hereafter, muses about his turning 80 this year Director has lots to live up to with past successes

Clint Eastwood, who turned 80 this year, recalls how his longtime production designer Henry Bumstead once answered a question about growing old.

Bumstead, who kept working until his death four years ago at 91, replied: "Oh, to be 80 again."

"I thought, yeah, that's it," Eastwood said in an interview at the Warner Bros. office he has occupied since 1976. "When I'm 80, I'll be saying, 'Oh, to be 70 again,' or something like that."

The prolific director, who entered a career peak in his 70s with such films as Million Dollar Baby and Mystic River, said he aims to keep working as long as he's able and gives little thought to mortality, the subject of his new drama Hereafter, which follows three characters searching for answers about life after death.

"I don't think too much about it. I don't feel any different than I did at 70"
CLINT EASTWOOD

Now that he is 80, how old does he feel? "Eighteen," Eastwood jokes, before dismissing the age issue with a shrug.

"I don't think too much about it. I don't feel any different than I did at 70," Eastwood said. "Whatever I feel internally, now is the best age for me, because I feel better now, I guess because I've lived a lot of life. I've been able to accomplish a certain amount of things, and I haven't been anybody up doing it. So I'm OK about it."

THE ASSOCIATED PRESS

Hereafter

What its about:

The film Hereafter opens with a visceral effects sequence as a French journalist (Cecile de France) has a near-death experience in a tsunami. The film weaves among her search for answers about the afterlife, and the story of a reluctant American psychic (Damon), who views his ability to connect people with dead loved ones as a curse.

Craven gives Soul to 3-D technology

NED EHRBAR
SCENE@METRONEWS.CA

My Soul to Take marks the first feature film Wes Craven has directed since 2005's Red Eye, and the horror auteur has learned a valuable lesson during that time: He's happier making his own films than he is running a company.

"There was long period where I had a little company, and we were developing projects and so forth," he says. "And there was a point — and I think about where I got the idea for this film — where I was feeling like, 'You should be writing and directing films and leave it at that.' So it was just kind of like, get back to your basics and stop having to kind of push other people to be creative in a way that you like when it's just easier to do it yourself. And better."

"This is not something from the '50s that they're just trying again for the hell of it"
WES CRAVEN ON 3-D FILMS

My Soul to Take also marks Craven's first foray into 3-D, something he is the first to admit he was resistant to, especially since it wasn't shot that way. "It was done totally as a 2-D film. We never thought of 3-D," he says. The idea came from folks at studio after some executive shuffling. "They approached me and said, 'How about 3-D? We would love to do it in 3-D,'" he remembers. "Yes, there was a lot of pressure. There was never, like, 'We're not going to release the film if you don't.'

More than anything, though, Craven admits he just doesn't want to get left behind. "Everything I'm reading about it is that this is not something from the '50s that they're just trying again for the hell of it," he says. "I think we're into a world where 3-D is emerging and it's going to be here. I want to be the man that's on the boat, not standing on the dock when the boat sails away."

2 scene

Together again

When Conan O'Brien debuts his new, late night talk show on TBS he'll have an old friend and colleague by his side. Andy Richter will serve as sidekick on Conan. Richter said he's "thrilled" to be working with O'Brien and he's most exited about "getting out of the house again." Richter and O'Brien first joined forces in 1993 on NBC's Late Night with Conan O'Brien. Richter was also tapped to appear with O'Brien on The Tonight Show. Conan will premiere Monday, Nov. 8, at 11 p.m. on TBS.

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Hockey movie 'Goon' to begin shooting in Winnipeg later this week

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Johnny's living memorial

In crowd-sourced video, the great Johnny Cash is being remembered one brushstroke at a time

One brushstroke at a time, The Johnny Cash Project is gathering illustrations submitted by fans online into a living portrait of the country music legend.

The project is a unique Web-only music video where every frame is a fan-created drawing. Directed by Chris Milk, it's set to Cash's Ain't No Grave, the title track from the posthumous album released earlier this year.

Work on the project — a complex mix of software design and editing — began last September. The website launched in March. After more than 250,000 submissions, a broadcast version of the video has been released for TV stations and eligibility for 2010 Grammy nominations.

For Milk, who has directed videos for Kanye West and Gnarls Barkley, the project is a "living memorial" that befits the song. In it, Cash sings, "There ain't no grave gonna hold my body down."

"He's singing about the eternal life of his spirit, and the way his spirit lives on is through all of his collective fans," says Milk. "This project becomes a physical manifestation of his fans' love."

"He's singing about the eternal life of his spirit, and the way his spirit lives on is through all of his collective fans."
DIRECTOR OF THE JOHNNY CASH PROJECT, CHRIS MILK

Though the response hasn't been as considerable for Ain't No Grave, Milk hopes the broadcast release will attract more attention. Lou Robin, Cash's longtime manager who handles business affairs for the Johnny Cash Estate, said the Cash Estate was pleased with the video as a memorial.

There are numerous versions, including edits that gather the most realistic illustrations, the most abstract drawings and the highest-rated frames. Each frame is labeled with the artist, and all contributors are listed in the credits.

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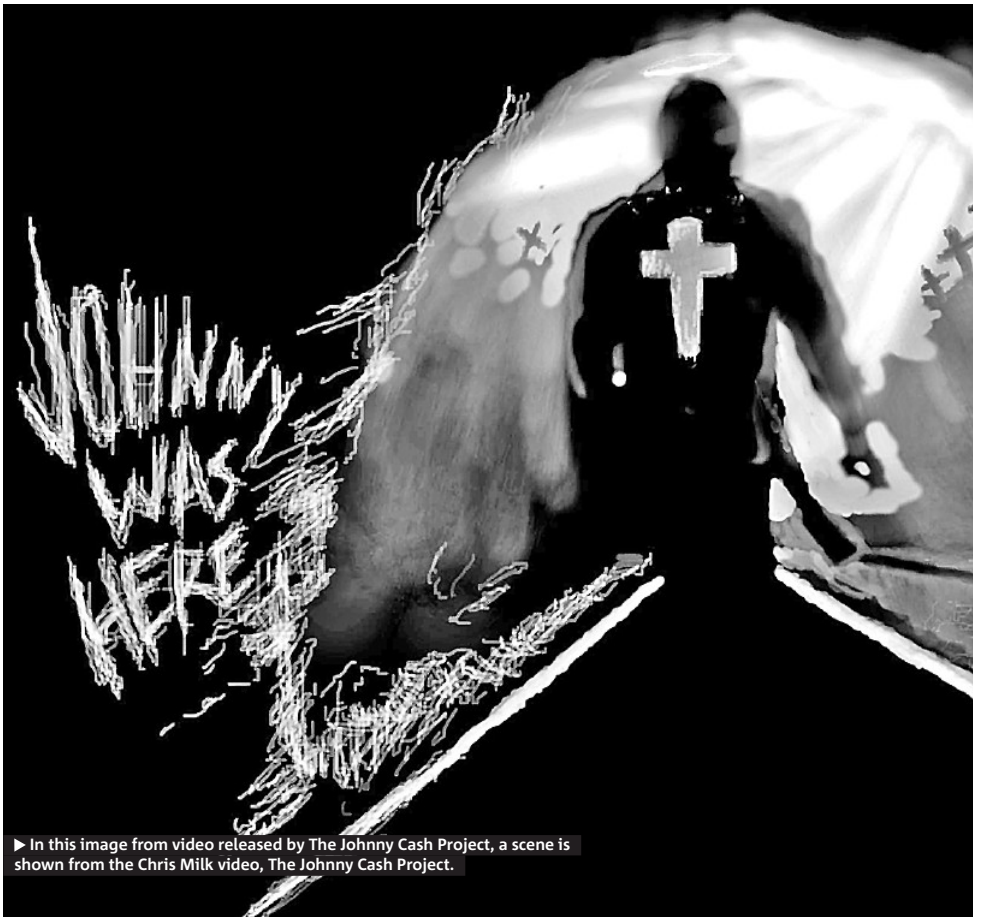

▶ In this image from video released by The Johnny Cash Project, a scene is shown from the Chris Milk video, The Johnny Cash Project.

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SUBMITTED

▶ Sarah Polley in a scene from Splice, being released on DVD Tuesday.

Splice seeks DVD success

Splice was a hit at the Canadian box office, but director Vincenzo Natali feels the harrowing sci-fi film should have done even better and thinks it may find a whole new audience with its released on DVD today.

"This is a movie that a lot of people will feel more comfortable watching quietly alone at home than they will in a public venue, because there is the sort of sexual component to it," Natali said recently in a telephone interview from his adopted home of Los Angeles.

"I can think of a lot of examples of movies that have that — that don't really, in North America, play big theatrically, but then have this sort of extended life on DVD."

Splice raked in more than $2 million at the Canadian box office — a veritable smash. It also took in a modest $17 million in the U.S.

But those numbers were still far less than the Canadian director expected given the slick $25 million production, stellar cast of Sarah Polley and Adrien Brody, and studio-backed marketing push.

Natali says Warner Brothers spent roughly $25 million marketing Splice and notes that a $17 million haul is relatively paltry south of the border.

"It really should have done double that," Natali says of the U.S. receipts.

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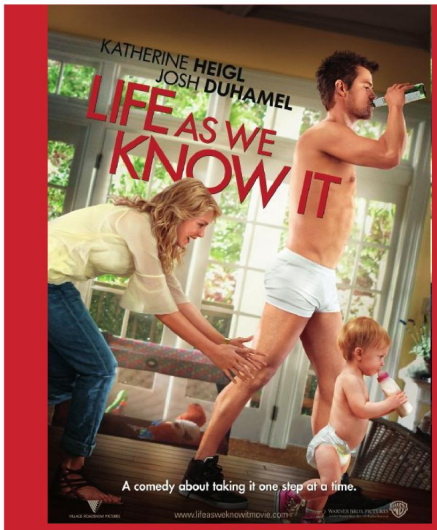

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METRO WORLD NEWS

▶ Yoko Ono has taken to Twitter to communicate her message to her fans.

Yoko Ono: Imagining John Lennon again

Ono curates exhibit of Lennon's artwork in SoHo, New York

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

The widow of a man who inspired the world over has become a legend in equal measure. Just having passed what would've been Lennon's 70th birthday on Oct. 9, and the 30th anniversary of his murder on Dec. 8, Ono is now curating an exhibition of his poems and drawings, which will be on display in SoHo, New York City. The exhibit is to benefit New York's charity food organization Citymeals-on-Wheels.

Still so full of energy for her work, Ono took a few minutes to chat with Metro about continuing the legacy of Lennon's message of world peace ... on Twitter.

In getting the exhibit together, did you unearth any new drawings?

There are some things I haven't seen in a long time but mostly I'm very aware of all the stuff because I'm working on it all the time.

Is there anything you decided to keep for yourself that will never be seen by the public?

I haven't come across something like that yet. Most of the time, I become very involved in selecting the pieces and I always choose something I think is really good and worthwhile to share.

Every week on Twitter, you answer 50 questions submitted by your followers. Why did you decide to do that?

It's a novel means of communication but still very important. Through Twitter, we can exchange our thoughts and ideas. I'm very into it.

What has been the result of interacting with people on Twitter?

Well, I think it works in some ways. Each time I'm on it, I discover people who are in one way or another from the global family of peace. I'm always trying to find an opportunity to say, 'Imagine peace.' Even when I don't say that, they know that's what I'm thinking — that's the most important thing.

As Oct. 9 would have been John Lennon's 70th birthday, do you ever feel weary by all the reminiscing?

It does weigh me down all the time but when I think about it, I believe this is worth doing and I think I should do it. The other side of the coin is that I do in fact enjoy organizing this exhibit.

In the song I'm a star, what was drawn from your own experience?

That song is my experience, through and through. I had a very hard life. I'm amazed that I survived. You don't know what widows go through. Nobody wants to be a widow. Nobody thinks that one day they'll be a widow, but now I can meet all the other widows and realise all the other widows in the world have gone through so much. You just don't know what they went through and still are going through. And of course it's not just the widows. There are so many women in the world right now who are suffering or being killed, or even taking a valuable step towards freedom.

John Lennon

John Lennon was a student at the Liverpool School of Art, where he attended classes from 1957 to 1960.

- **Prints of work** Three lithograph prints based on John Lennon's artwork were made available to the public for the first time this week at an exhibit marking the 30th anniversary of the legendary Beatle's death.
- **Ink-drawings** Imagine There's No Hunger, which features 100 Japanese-ink drawings, some songwriting sketches, and several famous Beatles songs, opened Thursday in SoHo.
- **Posthumously** The drawings, inspired by Lennon's sketches, were all printed posthumously, and some were even altered with colour or added images, creating controversy among some art lovers.
- **Critics** Some of come out in opposition to the sketches saying they have been altered too much to be considered his work.

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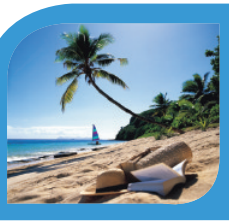

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SETH WENIG/THE ASSOCIATED PRESS/

▶ Actor T.R. Knight

Knight shows nerves

Former Grey's castmember stars in theatrical salute to stage and actors

Even with his name up in lights on a Broadway marquee, former Grey's Anatomy star T.R. Knight is achingly insecure.

The fact that he's now starring — and getting equal billing — with the mighty Patrick Stewart in a David Mamet play hasn't chased away the 37-year-old actor's gnawing fear that it could all be taken away.

"You wonder if they pulled the name from the right list," he says, only half-joking, during an interview in the empty Gerald Schoenfeld Theatre. "I haven't been canned yet. But you never know."

Some of Knight's self-effacement might be due to a bronchial infection that's sapping his strength. Some of it may be simply due to his apparent ego-less personality. But much of it is the result of the ups and downs of a show biz career that began at age five.

"You set your expectations low so you're not disappointed and then something like this happens and it's fantastic. So then you go to the next job and it's like, 'Now I'll never work again,'" he says. "We choose a job where we're rejected 99 per cent of the time. We have to be just completely bonkers in order to do that."

Knight might not be appearing on Broadway in A Life in the Theatre if he hadn't last year walked away from his role as Dr. George O'Malley on on the ABC medical drama.

He asked to be released from his contract early after realizing his part was not fulfilling.

"It was time to go," Knight says of his decision. "Looking back, I learned so much and it was so valuable. But there are times in anybody's job where you feel the best decision is to move on. It doesn't detract from the knowledge that I gained, and it doesn't detract from my gratitude."

THE ASSOCIATED PRESS

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Mad Men mania

Metro chats with Mad Men co-stars Jon Hamm and Elisabeth Moss about the shows enormous success and its undeniable influence on pop culture.

Mad Men has received critical acclaim across the globe. How do you explain its incredible success?

Elisabeth Moss: I think it all started with amazing writing and the show's concept that proved to be very seductive. It then became a more deep and subtle story about the characters themselves.

Jon Hamm: The reason the show works is because it is about people. The characters are not defined by the time or space but by their personality and the relationships they have with one another. I think that is what's keeping people glued to the show.

Mad Men even seems to have influenced fashion this year...

Jon Hamm: It's a great compliment to our show to think that the first season of Mad Men could have been an inspiration to fashion. I must say that both men and women had a very sexy look back then. Paying attention to your style is a good thing. We damn sure moved far away from that in the nineties.

What common traits you do share with your characters?

Elisabeth Moss: As an actor, you can't help but bring a part of yourself into the character, even if I'm very different from Peggy in real life. Still, there is a lot of me in her.

Jon Hamm: I don't have a tremendous amount of common traits with Don Draper. But I do believe there are similarities between our characters in the show. Peggy and Don both have a lot of ambition. They have a desire to excel, and go above and beyond. In my life I have the desire to succeed and to achieve. But at the end of the day, when I get home, I'm happy to leave Don on set. METRO

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▶ Jon Hamm, left, and Elisabeth Moss, right, star in AMC's Mad Men

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TV picks

Awkward encounters abound

COMEDY. It's a night of sensitive conversations. Claire tries to stop Phil from giving an unfunny speech while Mitchell tries to get Cameron to modify his wardrobe on Modern Family. And a new episode of Cougar Town follows, in which Grayson decides to tell Jules about his fling with Laurie. (Citytv, ABC)

CANADIAN PRESS

Undercovers in Ireland

ACTION J.J. Abrams' husband-and-wife spy show Undercovers takes a trip to Ireland in tonight's episode. The couple find themselves searching for a prisoner who can help them locate a vital CIA hard drive. (Citytv, NBC)

CANADIAN PRESS

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▶ Outlaw star Jimmy Smits

Outlaw is out

The new Jimmy Smits drama Outlaw is headed for Saturday night and then oblivion.

NBC said Monday that the series will air at 8 p.m. EDT Saturday through Nov. 15, with a pre-emption on Oct. 30. Then the show will be off the network's schedule.

Ratings for Outlaw dwindled on Friday nights after a respectable showing last month for the first episode.

It debuted on a Wednesday night after the finale of summertime hit America's Got Talent but couldn't convert the coattails introduction into success.

Production on Outlaw has been suspended.

The legal drama had an unlikely premise, with Smits as a U.S. Supreme Court justice who quits the high court to return to his own private practice.

CANADIAN PRESS

Kiss called off

Flamboyant rocker agrees to turn down the heat for Malaysian concert
Becomes one of a list of musicians to tailor performance for country

GETTY IMAGES

▶ Former American Idol runner-up Adam Lambert

Adam Lambert pledged yesterday to obey Malaysian government rules that forbid the flamboyant, openly gay glam rocker from kissing anyone onstage at a planned concert this week, but called it "a tough decision."

The American Idol runner-up, who is touring Asia, told The Associated Press in Hong Kong that his "main goal is to keep people entertained - not to make them uncomfortable."

Lambert is slated to perform Thursday at a stadium in Muslim-majority Malaysia's biggest city, Kuala Lumpur.

Lambert has agreed to heed restrictions against stripping, jumping and kissing onstage, said Yuen-See Cho, a representative for concert co-organizer Sony Music Entertainment Malaysia.

"It's something I'm doing out of respect," Lambert stated in an interview with the AP that took place before his Hong Kong concert.

"It's just one little thing. Man kissing another man is something that government really doesn't appreciate."

"I think it's a tough decision to make, but to me, there are so many amazing fans in Malaysia that it's more important for me to be able to come and do my show there for them and entertain them and thank them for supporting me," he added

Lambert is known to sometimes lock lips with a male musician during his concerts. At last year's American Music Awards, he also dragged a female dancer around by the ankles and had a dancer simulate oral sex on him.

The 28-year-old's planned concert has drawn objections from the opposition Pan-Malaysian Islamic Party, which in the past also criticized concerts by Gwen Stefani, Avril Lavigne and other artists it considers to be bad role models for youngsters. THE ASSOCIATED PRESS

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Gorillaz stay Glee-free

THE ASSOICATED PRESS

▶ Gorillaz frontman Damon Albarn

Lead singer calls show's hits 'a very poor substitute for the real thing'

The virtual band Gorillaz isn't exactly going bananas over the television musical series Glee.

Lead singer Damon Albarn says he's not interested in letting the hit show perform covers of his band's songs.

"We wouldn't let that happen," Albarn said in an interview with The Associated Press last week.

"And not that they've asked us because they haven't, and now they definitely won't," he continued with a laugh.

Gorillaz is best known for their Grammy-winning jam Feel Good Inc., which features De La Soul. The group released two platinum-selling albums, and their latest, Plastic Beach, was released to the public in March.

Glee, the Fox television musical series about a high school glee club, recently premiered its second season. The show features cover songs from a slew of top artists, including episodes based on performers like Madonna and Britney Spears.

Gorillaz kicked off the North American leg of their Escape to Plastic Beach World Tour earlier this month. It wraps up in Vancouver on Nov. 3. THE ASSOCIATED PRESS

Musician pleads not guilty to drinking and driving charges

A lawyer for rocker Vince Neil entered not guilty pleas for the Motley Crue singer on misdemeanour drunken driving and speeding charges.

Attorney Richard Schonfeld said Monday his 49-year-old client didn't have to appear for the pleas in Las Vegas Justice Court. Trial was set for Jan. 6.

Neil is accused of having a blood-alcohol content of 0.08 per cent and driving his Lamborghini sports car 60 mph in a 45 mph zone before he was stopped by police on June 27 near the Las Vegas Strip.

The state's legal limit for drivers is 0.08 per cent.

Neil, whose hits with Motley Crue include Girls, Girls, Girls and Dr. Feelgood, lives with his fourth wife in Las Vegas. THE ASSOCIATED PRESS

GETTY IMAGES

▶ Vince Neil

BET awards aim to honour

They are of different genres and different generations, yet Ruby Dee and Missy Elliott will be among those honoured as part of the Black Girls Rock! awards show on BET.

Besides the legendary actress and the rapper-singer-producer, other honorees include actresses Keke Palmer, Raven-Symone and author Ilyana Vanzant.

Black Girls Rock! is an organization founded by DJ Beverly Bond.

It mentors young black girls and works to combat negative images of black women in the media.

Though there have been previous Black Girls Rock! awards shows, this will be the first to air nationally.

The ceremony, to be held Saturday, will air Nov.7. THE ASSOCIATED PRESS

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▶ Oliver Stone, left, and Michael Douglas, right

Douglas ailing, Stone

Director Olive Stone tells press he is concerned about actor's physical state Douglas to reprise award-winning role in Wall Street sequel

Director Oliver Stone said yesterday he is worried about the health of actor Michael Douglas, who is battling throat cancer.

Douglas, who reprised his role as stock trader Gordon Gekko in Stone's latest film Wall Street: Money Never Sleeps, is in a "precarious" state of health, Stone told reporters in Berlin.

Douglas was meant was meant to accompany him on a promotion tour in Europe, but Stone said Douglas remained in the U.S. for further cancer treatments.

Douglas, who turned 66 this year, revealed his battle with throat cancer in August.

New York-based publicist Allen Burry said Douglas finished his treatments last week.

"Doctors were very pleased and have scheduled no more treatments,'' he said.

Burry said Douglas has a six- to eight-week period of recuperation.

THE ASSOCIATED PRESS

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Moore dough for Demi

Actress to sell two 19th century European paintings at NYC auction Bouguereau and Stevens pieces could make the star $1.5M wealthier

Demi Moore is selling two 19th century European paintings at auction, including a French work the actress says inspired her because of the artist's depiction of strong women.

William Bouguereau's Frere et Soeur, an oil painting of a young woman tenderly holding her baby brother, could fetch up to $1.5 million at Sotheby's on Nov. 4.

It was painted in 1887 by the French artist whose work is enjoying renewed interest.

Moore's other painting, Mere et Ses Enfants by Belgian painter Alfred Stevens, is estimated to bring up to $200,000.

▶ Mere et Ses Enfants by 19th century Belgian painter Alfred Stevens

While she loves both paintings, Moore said, "with the renovation and new direction our home is taking, it is time for a change."

The actress acquired the works in 1995 at a Christie's auction, paying $178,500 for Frere et Soeur and $200,500 for the Stevens painting.

"I find Bouguereau to be particularly engaging for me personally and have chosen to hold on to a smaller piece to carry with me throughout the years," said the star known for her work in such films as Ghost, Indecent Proposal and A Few Good Men.

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▶ Demi Moore

I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).

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Jury in session

Panel discusses Anna Nicole Smith drug conspiracy case Medication was for pain, defence argues

A jury has begun deliberations in the highly publicized drug conspiracy case against Anna Nicole Smith's two doctors and her lawyer-boyfriend.

After nine weeks of testimony and arguments, the panel of six women and six men began considering 11 charges Monday.

Jurors must decide whether the defendants provided excessive opiates and sedatives to the former Playboy model knowing she was an addict.

Defence lawyers have said that Anna Nicole Smith was not an addict and the medications were for pain.

Drs. Sandeep Kapoor and Khristine Eroshevich and Smith's boyfriend Howard K. Stern have pleaded not guilty to charges including prescribing under false names.

They are not charged in Smith's 2007 overdose death in Florida.

THE ASSOCIATED PRESS

▶ The late Anna Nicole Smith is shown exiting the U.S. Supreme Court with attorney and eventual boyfriend Howard K. Stern in 2006

Cox-Arquette hyphen no longer needed

Courteney Cox and David Arquette have separated, they announced in a statement this week. "We have agreed to a trial separation that dates back for some time," the statement read. "We are comfortable with the boundaries that we have established for each other during this separation." And sources are saying that Arquette has already moved on — with a Los Angeles bartender named Jasmine Waltz. "Jasmine and David have been hooking up recently," a source tells Life & Style. Waltz was also accused recently of punching Lindsay Lohan in the face at nightclub Voyeur.

METRO

Radcliffe looking forward to the stage

Daniel Radcliffe is looking forward to his return to Broadway for more than one reason. The Harry Potter star is set to star in a revival of How to Succeed in Business Without Really Trying, and he can't wait to meet his co-stars. "I've been in relationships from the age of 14 and now I'm single," he tells Dazed and Confused magazine. "I said to a friend the other day, 'Dude, I'm doing a show with dancers. I've got to be single.' He was like, 'Don't sleep with anyone in your own show. That's a mistake.' It's good advice. But I'm not sure I'll stick to it." METRO

Friends' star weds

While former Friends castmate Courteney Cox's marriage is ending, David Schwimmer recently tied the knot, according to Hollyscoop. The actor married his British girlfriend, Zoe Buckman, in June but managed to keep it out of the press.

METRO

Celebrity tweets

Judd Apatow [@JuddApatow] I can see how reading other people's tweets can suck up all the free time in my life. I need to reconsider this hobby.

50 Cent [@50cent] It kills me when people try to front like I'm not nice. Maybe after the next 40 million records sold they will keep it real.

Snooki [@Sn00ki] Dear youtube, please hurry up your maintenance so my video can upload. thanks

Jessica Simpson [@Jessica Simpson] First day off today in over a month and realized that even when I take a day off-my life is always at work and it is a BEAUTIFUL thing. METRO

I paid for a resort in paradise with TD Points
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Moss says coke scandal helped her career

While it may seem like Kate Moss' cocaine scandal in 2005 hurt her career, her agent insists it actually helped. "I basically just spent a lot of time on the phone trying to reassure her big clients that you can't believe everything you read and, unfortunately, all press actually is good press in this world we live in," agent Sarah Doukas says in a BBC radio interview. The Daily Mail reports that Moss' annual profits have doubled since the scandal, from $3.2 million to $6.3 million.

METRO

Tweeting to Demi's heart

Ashton Kutcher is ignoring infidelity rumours and talking about how he and wife Demi Moore show their affection — by using Twitter. "A lot of times my wife and I sit across from each other and Tweet. It's a little bizarre," he tells Reuters while in Israel this week. "It's the same reason why you send roses to a woman at work. Sometimes people like to be adored in public." A Kutcher spokesperson denies the couple is in Israel to secretly renew their wedding vows, as sources have claimed.

METRO

More dish

Aguilera splits with hubby

After five years of marriage, Christina Aguilera and husband Jordan Bratman have separated, according to Us Weekly. "They are now living apart, and they will see how that goes," says a source close to the singer. "They were very much in love, but over the last six months, it — became clear they were more like friends than husband and wife." Aguilera had reportedly suggested they use their August trip to Italy to rekindle their romance, "but it didn't help," the source says.

METRO

Nici now in hospital

Irma Nici, the alleged prostitute being sued by David Beckham over claims she had sex with him, has been hospitalized with heart trouble, according to Page Six. A spokesperson for Nici says her health was weakened by stress. Beckham is suing Nici for $7 million, insisting her claims that they slept together several times are false. METRO

3 life

Travel job

Would you like a job that includes adventure, travel, living in the lap of luxury and demands that you take a vacation every month? Transat Holidays is looking for an English-speaking and a French-speaking person to travel and blog about their experiences for one year.

Interested applicants are required to create a two minute or less video application in English or French explaining why they are uniquely qualified for the job and profiling a local tourist attraction. The search is only open until Nov. 7, and candidates are required to complete an application form and upload their CV and video to vacationer.transatholidays.com. METRO

Discovering Ayurvedic healing in Kerala, India, where ancient treatment was born

- Everybody is relaxed in Jamaica, even apparently the sharks who will sit on your lap
- If you've swam with the dolphins and petted stingrays,then jump in with Jaws

FLICKR: TOO SWEET

▶ St. Thomas Lighthouse, Jamaica.

Learning to love sharks

THE TRAVELIN' CANADIAN

DARREN PARKMAN
LIFE@METRONEWS.CA

Jamaica brings a new twist to that bad old joke "Is that a Shark in your lap, or are you just happy to see me"?

This gorgeous island nation offers many strange and wonderful adventures, but perhaps the strangest (and scariest) happens at Dolphin Cove outside the city of Ochos Rios.

DARREN PARKMAN/METRO

▶ Darren Parkman got right in there with a nurse shark.

Here, you can swim with dolphins, handle tame stingrays, and even brave the very surreal experience of having a very real, and lively shark on your lap!

Yes … a deadly shark, with real teeth.

I jumped into a shark infested pool, and reluctantly plunked myself down on a chair submerged below the water, just in time for a trained guide to toss a giant 10 foot nurse shark directly onto my lap. Was I close to having a heart attack, or a bladder accident? Admittedly, yes!

At first this huge shark just seemed to lie there resting, while my quivering hand gingerly stroked its sandpaper-like back. Nurse sharks have literally thousands of serrated teeth, and have been known to bite humans when they are annoyed. I was doing my absolute best not to annoy this shark on my lap.

Then, to be funny, my guide quickly fed the shark a fish, and it suddenly started thrashing around in a feeding frenzy, right there on my lap. I didn't find this all that funny. More horrifying, actually. Still, when it was all over and I emerged shaking, but alive from the water. I felt almost proud.

Must do activities while in Jamaica

Martha Brae River Rafting:
For about C$30, it's a leisurely two-hour trip down a slow moving river, surrounded by thick jungle like growth and wildlife. After launching about 90 minutes from Montego Bay, you can leisurely sip a Red Stripe beer, while watching for wild parrots and native birds. Each raft has it's own captain, so there's no paddling, just relaxing.

Shopping near Montego Bay:
The island has the usual tourist shops featuring carvings, paintings and souvenirs, but you will get great bang for your buck. $10 Canadian equals more than $800, so you'll have money left over for a famous Jamaican jerk chicken. Local merchants are especially friendly and helpful.

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5 top backpacks

Cutest: Jeep Floral

1 From the makers of the quintessential rough-and–ready, super-rugged, battlefield automobile comes … er, a lovely flowery backpack. And, compared to most standard rucksacks (any colour as long as it's black) the Floral is very pretty. But, as you might expect, it's also purposeful. It's well designed and well stitched together, with a double-strength base and scuff-resistant fabric, good wide straps and effective airflow system.

Most organized: RipCurl Ultimate Backpack

2 If you are the kind of person who folds laundry when you take it out of the dryer then this is for you. It has more compartments and more specific pockets than just about any other rucksack I have ever seen. It's fabulously well made though, with waterproof sections for hiking/gym gear and the now mandatory laptop pocket, MP3 link and lots of meshing.

Lightest: North Face Jester

3 This 30 litre backpack has a whiff of student about it and indeed it would not be out of place on any campus. Weighing in at just 0.74kg it's the lightest of our five and it simple layout is a great example of less being more. It's a very well-made piece of outdoor kit in its own right though.

Best in town: Osprey Comet

4 This pack is part of the 24/7 range purpose-built to 'bridge-the-gap between the hill and high-street' and it does it very well indeed. All packs feature key hiking must-haves such as a sternum strap with whistle buckle, walking pole loop plus in-town necessities like MP3 pocket, elasticated laptop sleeve with padded base, a mini-organiser in the front stash pocket. It's comfy to wear and unfussy.

Best in the country: North Face Borealis

5 A not dissimilar beast to the RipCurl but a little smaller and more freeform. Laptop pocket of course, waterproof internal pocket, an inside sleeve for a camelback drinking system and simple layout. But the real key to this one is the Aircomfort breathable mesh and straps which make it probably the most comfortable to wear of all our test rucksacks. METRO

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When you head to Hawaii don't miss out on Kauai Beaches, rainforest, volcanoes, golf course and perfect weather The other forgotten gem offers everything the other Hawaiian islands have and much more, including chickens!

FLICKR: ALASKAN DUDE

Hawaii's garden island Kauai

Kauai Facts

- **Geography.** Kauai is the fourth largest of the main Hawaiian islands and also the oldest. It has a population of more than 65,000.
- **Rain.** The east side of Mount Waiʻaleʻale has an annual average rainfall of 460 inches making it one of the wettest places in the world. However in other parts of the island the average rainfall can be as little as 18 inches a year.
- **Beaches.** Nearly half of Kauai's shoreline are made up of beautiful beaches.
- **Getting there.** There are direct flights to Lihue Airport in Kauai from Seattle, Phoenix, Los Angeles, San Francisco and Vancouver. But many travelers take a short flight from Oahu or Maui.

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WITH AIR CANADA AND
CIBC AEROGOLD CARDS

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THE TRAVELIN' CANADIAN

DARREN PARKMAN
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The Hawaiian Island of Kauai is blessed with stunning beaches, waterfalls, and canyons, and then … there's all those wild beach chickens!

After traveling all over the world, this is really one of the strangest and funniest things I've ever experienced. Wild, noisy, colourful, moody, chickens everywhere.

While lounging on the beach one day, I looked up to see a big rooster struggling across the sand with a harem of four hens in tow. While inside a local supermarket, I casually passed two big black hens strolling down the meat aisle. More than once, a random rooster tried to charge me, causing me to turn a bit chicken myself.

FLICKR: JAYBERGESEN

▶ Wild chickens are all over the place in Kauai and make a fun mascot for the island.

So how did all this poultry end up ruling a beautiful beach paradise?

Well, the popular theory is, back in 1992, several Kauai chicken farms were destroyed by Hurricane Iniki, freeing the brazen birds to forever roam. Another theory claims sugarcane plantation workers brought a bunch of chickens to the island, only to have them escape and multiply at an alarming rate.

Whatever, the reason for their widespread presence, these feral birds make for good entertainment.

Tourists take their picture, and hopefully slow down to let them cross the road, sometimes in packs.

The only downside? I found even wearing earplugs inside my beachfront hotel room, didn't drown out the deafening sound of "cock-a-doodle-do" at 5 a.m. most mornings.

That's still a small price to pay to witness such a comical and unlikely Hawaiian mascot.

I'd go back to Kauai just for the chickens!

St. Martin's gives visitors a uniquely bizarre church experience ◐ Each part of the building seems to tilt in a different direction ◐ Residents of Cwmyoy, Wales proud of the "crookedest church" status

Pisa's got nothing on this crooked church

MIKE FUHRMANN/THE CANADIAN PRESS

▶ Church warden Jim Keates walks in front of St. Martin's.

St. Martin's in the Welsh hamlet of Cwmyoy has been called the crookedest church in Britain. Undoubtedly true, some visitors might say, but here's another possible label: most bizarre church anywhere.

The bell tower bends sharply northward at an angle greater than the Leaning Tower of Pisa, hovering above a churchyard where old gravestones are similarly askew. The opposite end of the church tilts weirdly in the reverse direction, while windows and interior arches are slanted in various surprising ways.

Up on top, above a nave with a dozen rows of pews, sits the mossy — and seriously off-kilter — stone tile roof.

According to a recent assessment by structural engineers, medieval St. Martin's is getting even crookeder — but only slightly, says Jim Keates, the 70-year-old church warden, brushing aside a suggestion that he might be concerned about imminent collapse.

"No, no, no," he says before adding prudently: "Obviously, we must keep a very cautious eye on it."

Located halfway up a valley slope on an ultra-scenic route between the market town of Abergavenny and the book-lovers' mecca Hay-on-Wye, St. Martin's has attracted visitors for centuries. In the Middle Ages pilgrims dropped by on their way to St. David's on the west coast of Wales. According to a papal decree, two pilgrimages to that holy site were considered equivalent to one to Rome.

These days there's a steady stream of tourists curious about a stone building that seems strangely alive, stretching and twisting as it settles into the soft ground like a cat in the sun.

Artist and author Caroline Downey has lived just steps from St. Martin's for 15 years and has long been fascinated by the church, painting it frequently. One of her portrayals, a psychedelic vision with swooping curves and vivid colours, won an international competition sponsored by the art supplies firm Daler-Rowney.

"It's a very special place. ... I'm so glad they didn't try and straighten it," Downey says, standing beside the award-winning painting in the gallery next to her home, a converted coach house. "You can just feel the souls there (in the graveyard) looking after it."

Downey offers a whimsical explanation for the church's peculiar form. In one of her illustrated books she depicts a dragon sitting on the battlemented tower, its weight causing the structure to bend over. The winged beast watches dancing souls in the cemetery participating in a "Grave."

It's not the only tale the church has inspired. Some residents of Cwmyoy (pronounced Coom-YOY) have suggested that St. Martin's was actually constructed crookedly, its builders having started their work after downing one or two or three pints too many at a local drinking spot.

The official, less colourful explanation is subsidence: it seems the church was built on unstable soil. A technical report posted near the entrance outlines the effects of an ice age landslide, noting that "the building has been subjected to long series of minor disturbances" as the slide debris settles. The end result is that no part of St. Martin's is at right angles with any other part.

Buttresses were added in the 1960s to provide support, but one has twisted a little while sinking into the ground, thus releasing pressure on a wall near the tower, according to the inspection last month by engineers who also found other signs of recent movement.

Outsiders may be amazed and amused, but Cwmyoy residents are proud of St. Martin's and its unofficial "crookedest church" status, Keates says. The wonky building suits the eccentric nature of the community, he adds.

"We light it up at Christmas," Keates says. "We're all a bit cranky. If we had a modern wooden church I'm sure we wouldn't be quite so keen."

Meanwhile, Church of Wales services are conducted every Sunday, drawing about six worshippers on average, one of whom accompanies the hymns on a harmonium.

THE CANADIAN PRESS

▶ What you pack in your backpack can make a world of difference.

Packing your bags

EVELYN HANNON
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JOURNEYWOMAN.COM

Wonder what a woman carries in her backpack?

Here are several helpful "must-pack-this-in-my-backpack" picks. Some items are oh-so-practical, some are downright quirky and some are so smart that we wished that we'd thought about them first.

She's So Practical

1 Be sure to take along several photographs of yourself. This way you'll avoid the hassle of having to locate a photo booth when you need ID.

2 Pack a folding umbrella that has an aluminum spine and handle. This type is more expensive, but it's so light, you'll almost forget you're carrying it.

3 In hot humid countries, a folding paper fan works wonders when waiting at bus stops or travelling by (non-air conditioned) vehicles.

4 A mini flashlight — the light disposable type is invaluable for Third World destinations where power failures are frequent.

All Bathrooms Aren't Created Equal

5 Always carry emergency toilet paper or a package of tissues. In some parts of the world, it's either very scarce or too coarse to be usable.

6 Handiwipes are perfect when hand-washing facilities aren't readily available.

7 The smell in toilets is sometimes overpowering. Carry a mentholated chapstick and dab some under your nose.

She's Health Wise

8 Feel a cold coming on? Keep lots of chewable Vitamin C on hand. Many women swear by it.

9 No chicken soup available? For some women, Ancient Healing Formula in tea bag form (Yogi Tea Co.) is the anti-sniffles remedy of choice.

She Needs Her Beauty Sleep

10 Don't leave home without your eyeshades or your earplugs.

11 Carry clothespins for those hotel drapes that refuse to close properly. They're perfect for blocking out the early morning sun.

12 A tiny (1 oz.) bottle of lavender oil is lovely for relaxation. Add several drops to an evening bath and travel stress will simply melt away.

Ms. Fix-it

13 A small roll of electrical tape has a myriad of uses.

14 Don't throw away the plastic canister that your film comes in. They make perfect do-it-yourself sewing kits.

She's a Hungry Girl

15 Many hotels and B&B's now provide electric kettles in their guest rooms. It's great to have packets of dehydrated soups.

Girl Travellers Have Special Needs!

16 Having your period while travelling can make your body feel extra tired. Pack dried fruit and pop them at "period time."

Making Connections — Discouraging Connections

17 When on holiday, leave those formal business cards behind. Instead carry colourful postcards from home and give your new acquaintances a glimpse of where you live.

18 Carry ball-point pens for the kiddies you meet.

19 Want to discourage unwanted and persistent male advances while travelling? Pre-trip, pick up a magazine in a foreign language. Then when someone invades your personal space, pretend that you don't understand English.

She Finds Many Uses For One Item

20 Always carry a few cotton handkerchiefs. They're cheap, they're light, they fold flat and they serve a 1,000 purposes.

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Biking the Big Apple

With New York adding new bike lanes, tourists are trying the city from another vantage point

In his essay Taming the Bicycle, Mark Twain cautiously recommended bicycling: "You will not regret it, if you live."

That has always gone doubly for biking in New York.

But the city has undergone a two-wheeled makeover. In the last four years, the New York City Department of Transportation has added more than 320 kilometres of bikes lanes. The number of cyclists has increased 80 per cent in the past decade. The city's goal is 2,800 kilometres of total bike lanes by 2030.

Earlier this year, National Geographic Traveler magazine did something that might once have been unthinkable: It put New York on a list of the most bike-friendly cities in the country, alongside Portland, Ore.

"If you didn't do the tour, you wouldn't know where to start...It's so big!"
GARY DELIZ

While biking has exploded for New Yorkers, tourists are quietly following. It is, after all, a great way to experience a new place: Faster than walking so you can cover a lot of ground, but far closer to your surroundings than a car.

In New York, it can be dizzying: rolling past Washington Square Park one moment, breezing along the Hudson the next. In a city where freedom of movement can often feel locked in gridlock, on a bike, one sails through the throngs.

Musician and New Yorker David Byrne wrote in his 2009 book Bicycle Diaries that riding through a city "is like navigating the collective neural pathways of some vast global mind."

The neural pathways of New York, though, are often strewn with potholes, aggressive drivers, unobservant pedestrians and —often the worst of all — pushy cyclists. New York has been significantly tamed when it comes to biking, but it's not exactly Amsterdam.

Nevertheless, tourists, having long endured double-decker buses and plodding ferries, are understandably looking for a new vantage point. A number of tours have sprung up and found visitors willing to strap on a helmet.

"A bus tour just did not hold the same appeal to me — it's too passive," said Michelle Wright, 45, of Graham, N.C.

Recently, Wright and her two kids — a 15-year-old daughter and a 12-year-old son — did a tour of the Brooklyn Bridge and along the Hudson River through Bike and Roll NYC. The company has several locations for renting bikes, including Pier 84, near 12th Avenue and 43rd Street; Battery Park, and Central Park at Columbus Circle. The Pier 84 location provides easy access to the bike path along the city's relatively new but much-cherished Hudson River Greenway, which runs along the West Side of Manhattan from Battery Park at the southern tip to Dyckman Street on the northern tip.

Bike and Roll NYC tours ($40-50, two to three hours) depart daily; popular routes include Central Park and the Brooklyn Bridge. The company is listed among sightseeing choices on discounted visitor passes like the Explorer Pass.

"I felt very safe," said Wright. "More often than not, we were on a designated greenway. We felt the most in danger from the manic bikers on the Brooklyn Bridge."

The tour guide, too, made Wright feel like she was "sneaking in a little bit of historical sightseeing on my kids without them realizing it." A bike rental, a helmet and water were included, as is the case with most tours.

Gary Deliz, 26, visited New York earlier this year with his girlfriend. They chose a Central Park tour, thinking they could save a little time on their itinerary.

"If you didn't do the tour, you wouldn't know where to start," said Deliz of Central Park. "It's so big!"

There's even mountain biking in New York on trails in Highbridge Park in Upper Manhattan and Cunningham Park in Queens — a good option for those who like thick tires and irony.

New York is actually home to the oldest bike path in the country: the Ocean Parkway bike path in Brooklyn, which begins near the southeast corner of Prospect Park and ends in Coney Island. Constructed in 1894 and designed by Frederick Olmsted and Calvert Vaux (the designers of Central Park and Prospect Park), it's a designated landmark.

New York, it turns out, has always been a bike town.

THE ASSOCIATED PRESS

MARY ALTAFFER/THE ASSOCIATED PRESS

▶ In the last four years, the New York City Department of Transportation has added more than 200 miles of bikes lanes

▶ The city's goal is 1,800 miles of total bike lanes by 2030.

If You Go...

Be sure to check out these attractions.

- **BIKE AND ROLL NYC** Rental locations include Pier 84, 12th Avenue and 43rd Street; Battery Park; Central Park at Columbus Circle. Daily tours; check website for fall hours; bikeandroll.com/newyork 212-260-0400.
- **CENTRAL PARK BIKE TOURS** 203 W. 58th St.; centralparkbiketour.com/. 212-541-8759
- **BIKE THE BIG APPLE** bikethebigapple.com/. 877-865-0078.

Taking a big bite out of Taiwan's tasty cuisine

Island nation has spent millions promoting itself as a must for travelling foodies Plenty of food options

JOAN CHENG
LIFE@METRONEWS.CA

Taiwan is on a culinary mission. They launched an over $32 million dollar "gastro-diplomacy" campaign this summer internationally. For food tourists, it's one more reason to head to the island and taste for yourself.

First stop: Taipei. Restaurant chain Din Tai Fung started here and is world famous for their handmade dumplings. Make sure you nibble a hole in your dumpling and drink the delicious juices inside before you eat, lest you spill.

You can get anything from xiao long bao to shrimp to red bean fillings.

Selections are endless at the Shilin Night Market.

You can get shaved ice desserts or try bubble tea, oyster omelette and if you dare, the infamous "smelly" tofu.

Don't forget the papaya milk you can get just about anywhere on the road.

Fine dining fans go to the Silks Palace restaurant next to the National Palace Museum.

Enjoy a seven-course feast that echoes the exhibits in the museum.

Eat a "cabbage jade" that looks just like the famous jade cabbage carving, but unlike the stone it's crunchy and gently flavoured.

Taiwan is home to fourteen distinct indigenous tribes.

Near Hualien city in the south the Amis tribe runs the Red Cottage Restaurant serving traditional hot pot.

Constructed from betel leaves, the "pots" are filled with seafood and water. Superheated rocks are added to make the water boil, which makes for quite the show, not to mention a delicious meal.

There's something for every taste and budget. Put Taiwan on your travel list. Come back sated.

JOAN CHENG/METRO

▶ The Shilin Night Market in Taipei is packed every night with eager and hungry shoppers. It's right off Shilin station along the subway line so you can't miss it.

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Traditional hot 'pots'

COOKING UTENSIL. The Amis tribe makes "pots" for their traditional hot pot.

They soak and sun dry betel leaves three times, then fold it into shape. The leaves can withstand rocks heated up to 400 degrees Celsius.

The pot is used once, then thrown away.

JOAN CHENG

JOAN CHENG/METRO

▶ A server prepares traditional Amis hotpot at the Red Cottage Restaurant in Hualien county. She adds superheated rocks that boil the seafood inside, then adds vegetables.

JOAN CHENG/METRO

▶ Hungry diners gather around the table to enjoy a traditional Amis lunch at the Red Cottage Restaurant in Hualien.

JOAN CHENG/METRO

▶ Taiwan's famous shaved ice dessert.

Taiwanese Oyster Omelet

Ingredients :

- 1 cup of oysters, defrosted and chopped
- Any liquid from the defrosted oysters
- Cold water
- 3 large eggs
- 1 ½ to 2 cups of finely chopped leafy Chinese greens (like napa cabbage, pea shoots, lettuce, etc)
- Salt to taste
- ¼ cup of sweet potato starch or cornstarch
- Several splashes of pork lard or vegetable oil
- 2 to 3 tbsp sweet chili sauce (or make some mixing sriracha sauce and ketchup)

Taiwanese Oyster Omelet is a street food favourite that's easy to make at home. You can find the more unusual ingredients at Asian supermarkets.

Preparation:

1. Scramble eggs with salt and set aside. Put any liquid from defrosted oysters into a measuring cup till you get half a cup. If you don't have enough, add cold water until you get half a cup. Mix starch with water and oysters until combined.
2. Heat a splash of lard or oil in a frying pan until hot.
3. Add vegetables in the pan and stir fry until wilted. Set aside. Drain liquid from the pan.
4. Heat another splash of fat in the pan.
5. Add water and oyster mixture and cook until the starch starts becoming transluscent. Make sure not to let it burn.
6. Add egg mixture on top. Add vegetables on top. Let cook for a minute, then flip the omelette to cook the other side. Cook until lightly brown on both sides.
7. Remove from heat. Serve with chili sauce. .

Time for some easy-to-make Taiwanese papaya milk

Ingredients :

- 1 cup ripe papaya, chopped
- 1 cup 2 percent milk
- 1 cup ice cubes
- 3 tbsp sugar, or to taste

You can get papaya milk at road stands and restaurants across the country. They're delicious, refreshing and really easy to make.

In Taiwan they use whole milk but 2 per cent works fine. The key is to get the best papaya you can.

Preparation:

1. Put all ingredients into blender. Blend until thoroughly mixed. Makes one serving.

▶ Get any vegetable, fish or meat skewers made to order at the Shilin Night Market in Taipei.

▶ Avocado Banana Rice Mash.

RECIPE

Making your own baby food is easy

Here are two nutritious recipes to appeal to your little one.

Avocado Banana Rice Mash

Preparation:

1 In a bowl, stir together rice, avocado, banana and applesauce until well combined. Refrigerate leftovers for up to 2 days.

Rice Pudding

Preparation:

1 In a medium saucepan, combine rice and water. Bring to a boil over medium-high heat. Cover, reduce heat and cook until rice is tender and most of the liquid has been absorbed, about 20 minutes.

2 Stir in apple, banana and milk and cook for 10 minutes. Sprinkle with cinnamon, if desired.

THE CANADIAN PRESS

Ingredients:

Avocado Banana Rice Mash

- 250 ml (1 cup) cooked white or brown rice
- 1/2 avocado, mashed
- 1/2 banana, mashed
- 45 ml (3 tbsp) unsweetened applesauce

Rice Pudding

- 125 ml (1/2 cup) uncooked rice
- 500 ml (2 cups) water
- 1 medium apple, peeled, cored and grated
- 1 mashed banana
- 50 ml (1/4 cup) fortified rice milk or cow's milk
- Pinch cinnamon

Introduce infants to homemade baby food

HANDOUT

▶ Making your own baby food can be fun and it'll also taste delicious for your baby. Seen here is some rice pudding, recipe at left.

While jarred baby food is 'akin to cat food,' if you make your own it can taste good enough for baby, mother and father to eat

Chances are that if you are attuned to eating locally grown, fresh food, you'll also want your baby to do the same. Such food is unlikely to be found in jars of commercial baby food, however. But you can be sure your baby will eat well and healthfully if you make some of his or her meals at home using much of what the rest of the family is eating.

"Whatever is seasonal and whatever you have on hand can be given to your baby," says Nicole Young of Toronto. She is a trained chef, food stylist, recipe developer, food writer and the mother of two children.

"If you have ever looked at jars of baby food in the supermarket and in particular strained chicken, it is akin to cat food and is gross," she says.

Young says that there are many benefits to giving your child homemade baby food.

"You are choosing the produce so it is going to be higher quality, it is going to taste better as it is real food and you are going to get the baby to table foods much faster."

Here's a tip: If you are cooking chicken for dinner, set aside a little bit for baby. Don't salt it. Cook and purée or shred it, she suggests. THE CANADIAN PRESS

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Fishy past can trip up job hunt

Overcome the stigma of criminal record or employment gap Don't be afraid to sign background check

▶ The first position you get after an employment gap can help put the whole mess behind you.

DREW HINSHAW
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Leaping over the usual job search hurdles — computerized resume scans, scripted job interviews, routine background checks and calls placed to references — is a daunting enough feat in an ice age of hiring freezes and a high unemployment.

Bury a criminal record, a youthful mishap, or even an eyebrow-arching employment gap onto that resume, and you could easily feel like the last untouchable the corporate community will ever deign to hire.

That self-skepticism, motivational coach Eric Mayo warns, is one of the true burdens of a criminal past.

"I wouldn't rule out applying to a job you feel qualified for," he encourages.

"You may get only some of the jobs you apply for, but you get none of the jobs you don't apply for."

That said, some enterprises put out a softer welcome mat than others. The powers-that-hire at small businesses or independent temping agencies are more likely to shrug their shoulders at a one-off battle with the law than an HR rep towing multinational corporate policy.

But if those mom-and-pop storefronts do ask for a background check, career consultant Cynthyia Shapiro recommends the "Sign-and-Smile" strategy.

"The trick that companies have figured out is that if they put this background check form thing in front of you, nine times out of ten, you'll confess," she explains. "So sign it with a big smile on your face, hand it back, say thanks — and hope they don't actually check."

A more direct answer, however, may require a more direct answer, Mayo cautions.

resume writing

Author a skills-based resume that clusters job experience around the qualifications demanded by the want ad. That, Mayo notes, can leaf over a hole in your job record — and maybe land you that first post you need to put the whole mess behind you.

When confronted about a lapse in your career history or some red ink on your police papers, he suggests the following response: "I'm glad you asked about that because I want you to feel comfortable hiring me. I've made some bad choices, but I've learned from them."

"Focus less on the past than on what you've been doing since, like continuing your education," he offers. "Be honest. If someone asks you a straight question, give them a straight answer."

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Get ahead with social media

Showcase your work by using Facebook, LinkedIn ◗ Students must take control of their online image

RAF BRUSILOW
LIFE@METRONEWS.CA

Social media can help you make friends but can it help you get a degree, or even a job?

Experts say yes, as long as you clean up your act a bit first.

Beyond offering fun ways of keeping in touch, online sites like Facebook, LinkedIn or ePortfolio.org hold a lot of potential for sharing ideas beyond the classroom and connecting you to employers.

Tim Richardson, a professor of e-commerce who teaches at the University of Toronto, uses social media sites like YouTube as a direct part of his classes and he encourages students to showcase the work they're proud of, like research presentations, online. He says social media can impact the classroom in a positive way because it often allows for active communication.

"The value of social media at school comes from a number of things — increased connectedness, building reputation, building presence and going outside of the boundaries of what's normal in the classroom." DAVID VOGT

"Learning is not just about how we teach the course but it's about students teaching themselves. True communication is two-way, people have to be able to listen and respond to your ideas," Richardson said.

David Vogt, director of digital learning projects at the University of British Columbia's Faculty of Education, suggests the self-publishing aspects of social media can act as a kind of electronic resume but students also need to take command of their online image lest they reveal things that could harm their reputation.

"You have to think about managing your presence online and make sure there's not a bunch of embarrassing stuff out there about you. You also want to provide really accurate demonstrations of how you work. Think of anything you've done as resume material — everything digital about yourself you can aggregate," Vogt said.

Of course, online life can have its pitfalls — particularly those of the self-inflicted variety. The simple truth of the digital age is that if you put something into the public sphere, it can exist essentially forever, so make sure that any personal information you place online is of the kind that won't come back to haunt you.

"Be careful about privacy issues and remember that screen captures can live forever. When you're posting something and your 21, you don't want future employers, boyfriends or children asking about it years down the road," Richardson said.

▶ Do you have a great idea? Social media can help you get the message out to the world.

social media tips

- **Electronic portfolio sites** like ePortfolio.org or LinkedIn can be a great way to put your best foot forward, but only if you keep them updated regularly. Always put your most recent, best work first and make sure all your posted information is current.
- **Consider creating** and posting a video resume that shows off your personality, professional appearance and communication skills
- **Pick one of** the social media sites you use to be your primary page, that way it'll be easier to control what gets revealed about you

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- **October 20** – Sondra Musa, The Arthouse Inc.
- **October 20** – Lindsay Nealon and Dawn Kosloski, Bikini Bootcamp

The Central Library
616 Macleod Trail SE

Check out **tiny.cc/CPLBusiness** for more information and to register

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Rangers win first post-season series

Texas was the last Major League team never to have advanced

5	1
RANGERS	RAYS

Cliff Lee added another impressive line to his growing October resume, putting the Texas Rangers on his back and carrying them into the AL championship series for the first time.

Lee tossed another post-season gem and Texas won a playoff series for the first time, beating the Tampa Bay Rays 5-1 last night in a decisive Game 5 on the legs of some daring baserunning.

Lee struck out 11 in a six-hitter for his second win over Rays ace David Price in a series in which the road team won every game — a first in major league history.

The Rangers will host the wild-card New York Yankees in the opener of the best-of-seven ALCS on Friday night. Texas' previous three playoff appearances ended with first-round losses to New York, in 1996, 1998 and 1999.

The teams split eight games during the regular season, with the Rangers winning the final four.

Ian Kinsler hit a two-run homer in the ninth inning for Texas, which had been the only active major league franchise that hadn't won a playoff series.

Lee improved to 6-0 with a 1.44 ERA and three complete games in seven career post-season starts, striking out 54 and walking six in 56⅓ innings.

The left-hander threw 120 pitches and walked none. He retired his final nine batters and prevented Tampa Bay from completing an improbable comeback after losing the first two games at home.

The Rays had the AL's best record this season, giving them home-field advantage in the playoffs, but they lost all three games at Tropicana Field.

The Rangers said it's the first time the road team has won every game in a post-season series, according to research by the Elias Sports Bureau.

This also was the first time a division series went the full five games since the Los Angeles Angels beat the New York Yankees in 2005.

A pair of Rangers runners scored from second base on infield grounders — thanks to heads-up baserunning by Elvis Andrus and Vladimir Guerrero. THE ASSOCIATED PRESS

CHRIS O'MEARA/THE ASSOCIATED PRESS

▶ Elvis Andrus scores in the first inning against the Tampa Bay Rays last night.

Rule lets Devils use limited lineup

The New Jersey Devils have given the hockey world no shortage of things to talk about over the last few months.

The most recent topic of conversation is the cap-strapped team's decision to dress only 17 players against Pittsburgh Monday afternoon — a move that comes with plenty of interesting questions about the salary cap.

NHL teams are supposed to ice lineups with 20 players, including goaltenders. Injuries to Brian Rolston and Anton Volchenkov, and a one-game suspension to Pierre Luc Letourneau-Leblond accounted for New Jersey's missing players.

Under normal circumstances, a team would probably have called up some replacements from the American Hockey League. But the Devils didn't have room under the $59.4-million US salary cap to add anyone else to their roster.

As a result, they sent out just 15 skaters and two goaltenders in a 3-1 loss to the Penguins. The NHL allowed it to happen because the situation constituted an "emergency" — at least as it's applied to clause 16.4 (b) of the CBA: "Except in case of emergency, there shall be no reduction of the required minimum playing rosters of the clubs, below eighteen (18) skaters and two (2) goaltenders."

History

Teams have been allowed to employ the tactic in the past, including the Calgary Flames in 2009 and the Devils themselves in 2007.

Fair enough. But what now? Devils GM Lou Lamoriello told reporters the team will dress 18 players for its game in Buffalo tonight, including newly signed forward Adam Mair.

Some in the hockey world are suggesting that this essentially amounts to circumvention of the salary cap — something the Devils were penalized for in the Ilya Kovalchuk negotiations — because they are avoiding making a tough roster decision by going short-staffed.

The key question to consider is at what point the Devils situation ceases to be an emergency rather than regular practice? At least for now, it passes muster.

"At this point in time, we believe that New Jersey's decisions vis-a-vis its roster and gameday lineup have been compliant with the team's obligations under the CBA," deputy commissioner Bill Daly said yesterday. THE CANADIAN PRESS

4 sports

Quoted

"A lot of actions on the ice are regrettable. I've been given a suspension from the league and I'm going to accept it and move on from here."

ISLANDERS DEFENCEMAN JAMES WISNIEWSKI, WHO WAS SUSPENDED YESTERDAY BY THE NHL FOR TWO GAMES BECAUSE OF AN OBSCENE GESTURE HE MADE TOWARD SEAN AVERY DURING A GAME MONDAY. HE WILL LOSE TWO GAMES' SALARY WORTH $79,268.30 US.

Scan code for more sports

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	3	2	0	1	0	8	6	5	1-0-0-0	1-0-1-0	2-0-1-0	W1
d-Toronto	2	2	0	0	0	8	3	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
d-Carolina	2	2	0	0	0	6	4	4	1-0-0-0	1-0-0-0	2-0-0-0	W2
Washington	3	2	1	0	0	12	8	4	2-0-0-0	0-1-0-0	2-1-0-0	W2
NY Islanders	2	1	0	0	1	10	9	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Tampa Bay	1	1	0	0	0	5	3	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
NY Rangers	2	1	1	0	0	10	9	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Atlanta	2	1	1	0	0	7	7	2	1-0-0-0	0-1-0-0	1-1-0-0	L1
Boston	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	W1
Montreal	2	1	1	0	0	5	5	2	0-0-0-0	1-1-0-0	1-1-0-0	W1
Buffalo	3	1	2	0	0	8	11	2	0-2-0-0	1-0-0-0	1-2-0-0	L2
Pittsburgh	3	1	2	0	0	7	7	2	0-2-0-0	1-0-0-0	1-2-0-0	W1
New Jersey	3	0	2	1	0	6	14	1	0-1-1-0	0-1-0-0	0-2-1-0	L3
Ottawa	3	0	2	1	0	4	10	1	0-1-0-0	0-1-1-0	0-2-1-0	L3
Florida	2	0	2	0	0	3	5	0	0-0-0-0	0-2-0-0	0-2-0-0	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	3	2	0	0	1	11	7	5	1-0-0-1	1-0-0-0	2-0-0-1	L1
d-Dallas	2	2	0	0	0	9	7	4	0-0-0-0	2-0-0-0	2-0-0-0	W2
d-Edmonton	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
St. Louis	2	2	0	0	0	7	2	4	2-0-0-0	0-0-0-0	2-0-0-0	W2
Colorado	3	2	1	0	0	11	11	4	1-0-0-0	1-1-0-0	2-1-0-0	W1
San Jose	2	1	0	1	0	5	5	3	1-0-0-0	0-0-1-0	1-0-1-0	L1
Vancouver	2	1	0	0	1	3	3	3	1-0-0-1	0-0-0-0	1-0-0-1	W1
Chicago	3	1	1	1	0	9	10	3	0-1-0-0	1-0-1-0	1-1-1-0	W1
Nashville	1	1	0	0	0	4	1	2	1-0-0-0	0-0-0-0	1-0-0-0	W1
Columbus	2	1	1	0	0	5	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Phoenix	2	1	1	0	0	5	5	2	0-1-0-0	1-0-0-0	1-1-0-0	L1
Los Angeles	2	1	1	0	0	3	4	2	0-0-0-0	1-1-0-0	1-1-0-0	L1
Calgary	2	1	1	0	0	3	5	2	1-0-0-0	0-1-0-0	1-1-0-0	W1
Minnesota	2	0	1	0	1	4	6	1	0-1-0-0	0-0-0-1	0-1-0-1	L2
Anaheim	3	0	3	0	0	2	13	0	0-0-0-0	0-3-0-0	0-3-0-0	L3

d — division leader; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Last night's results
Colorado 5 Detroit 4 (SO)
Atlanta at Los Angeles
Monday's results
Vancouver 2 Florida 1
Washington 3 Ottawa 2 (OT)
Chicago 4 Buffalo 3
N.Y. Islanders 6 N.Y. Rangers 4
Philadelphia 4 Colorado 2
Pittsburgh 3 New Jersey 1
St. Louis 5 Anaheim 1
Tonight's games
(All times Eastern)
New Jersey at Buffalo, 7 p.m.
N.Y. Islanders at Washington, 7 p.m.
Tampa Bay at Montreal, 7:30 p.m.
Toronto at Pittsburgh, 7:30 p.m.
Nashville at Chicago, 8:30 p.m.
Vancouver at Anaheim, 10 p.m.
Tomorrow's games
Tampa Bay at Philadelphia, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
St. Louis at Nashville, 8 p.m.
Edmonton at Minnesota, 8:30 p.m.
Detroit at Dallas, 8:30 p.m.
Florida at Calgary, 9 p.m.
Friday's games
Colorado at New Jersey, 7 p.m.
Toronto at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Pittsburgh, 7 p.m.
Chicago at Columbus, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
Atlanta at Anaheim, 10 p.m.
Vancouver at Los Angeles, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Roy, Buf	4	1	5
Hossa, Chi	3	2	5
Ovechkin, Wash	3	2	5
Comeau, NYI	3	1	4
Dubinsky, NYR	3	1	4
Horton, Bos	3	1	4
Leopold, Buf	2	2	4
Bailey, NYI	1	3	4
Carlson, Wash	1	3	4
Martin, Pgh	1	3	4
B.Richards, Dal	1	3	4
Ennis, Buf	0	4	4
Morrow, Dal	3	0	3
Stepan, NYR	3	0	3
Arnott, NJ	2	1	3
Bickell, Chi	2	1	3
Fehr, Wash	2	1	3
Goligoski, Pgh	2	1	3
Huselius, Clb	2	1	3
Kessel, Tor	2	1	3
Laich, Wash	2	1	3
MacArthur, Tor	2	1	3
Moulson, NYI	2	1	3
D.Sedin, Vcr	2	1	3
Stamkos, TB	2	1	3
Vrbata, Phx	2	1	3
Anisimov, NYR	1	2	3
Bertuzzi, Det	1	2	3
Elias, NJ	1	2	3
Fleischmann, Wash	1	2	3
Girardi, NYR	1	2	3
J.Jokinen, Car	1	2	3
Nielsen, NYI	1	2	3
Stafford, Buf	1	2	3
Weight, NYI	1	2	3

Not including last night's games

LATE MONDAY

CANUCKS 2, PANTHERS 1

First Period
1. Vancouver, D.Sedin 1 (Samuelsson, H.Sedin) 12:39
Penalty — Alberts Vcr (hooking) 18:33.
Second Period
2. Florida, Olesz 1 (Santorelli, Stillman) 19:22
Penalties — Samuelsson Vcr (slashing) 1:24, H.Sedin Vcr (hooking) 15:05.
Third Period
3. Vancouver, D.Sedin 2 (H.Sedin, Samuelsson) 14:52
Penalties — None.
Shots on goal by

Florida	12	10	20	42
Vancouver	12	11	12	35

Goal — Florida: Vokoun (L,0-2-0); Vancouver: Luongo (W,1-0-1).
Power plays (goals-chances) — Florida: 0-3; Vancouver: 0-0.
Referees — Ian Walsh, Brad Watson. **Linesmen** — Darren Gibbs, Mike Cvik.
Attendance — 18,860 (18,860) at Vancouver.

MLB

2010 POSTSEASON

DIVISION SERIES

AMERICAN LEAGUE
Tampa Bay vs. Texas
(Texas wins series 3-2)
Last night's result
Texas 5 Tampa Bay 1
Minnesota vs. New York
(New York wins series 3-0)
NATIONAL LEAGUE
Philadelphia vs. Cincinnati
(Philadelphia wins series 3-0)
San Francisco vs. Atlanta
(San Francisco wins series 3-1)

LEAGUE CHAMPIONSHIP SERIES

AMERICAN LEAGUE
Friday's game
New York (Sabathia 21-7) at Texas (Wilson 15-8), 8:07 p.m.
Saturday's game
New York (Pettitte 11-3 or Hughes 18-8) at Texas (Lewis 12-13 or Hunter 13-4), 4:07 p.m.
Monday, Oct. 18
Texas (Lee 12-9) at New York (Hughes 18-8 or Pettitte 11-3), 8:07 p.m.
Tuesday, Oct. 19
Texas at New York (Burnett 10-15), 8:07 p.m.
Wednesday, Oct. 20
Texas at New York, 4:07 p.m., if necessary
Friday, Oct. 22
New York at Texas, 8:07 p.m., if necessary
Saturday, Oct. 23
New York at Texas, 8:07 p.m., if necessary

NATIONAL LEAGUE
Saturday's game
San Francisco (Lincecum 16-10) at Philadelphia (Halladay 21-10), 7:57 p.m.
Sunday's game
San Francisco (Cain 13-11) at Philadelphia (Oswalt 13-13), 8:19 p.m.
Tuesday, Oct. 19
Philadelphia (Hamels 12-11) at San Francisco (Sanchez 13-9), 4:19 p.m.
Wednesday, Oct. 20
Philadelphia at San Francisco, 7:57 p.m.
Thursday, Oct. 21
Philadelphia at San Francisco, 7:57 p.m., if necessary
Saturday, Oct. 23
San Francisco at Philadelphia, 3:57 p.m. or 7:57 p.m., if necessary
Sunday, Oct. 24
San Francisco at Philadelphia, 7:57 p.m., if necessary

RANGERS 5, RAYS 1

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Andrus ss	5	1	2	0	Bartlett ss	4	0	3	0
MYong 3b	4	0	0	0	Zobrist rf	4	0	1	1
JHmltn cf	4	0	0	1	Crwfrd lf	4	0	0	0
Guerrr dh	4	1	1	0	Longori 3b	4	0	0	0
N.Cruz lf	4	2	3	0	C.Pena 1b	4	0	0	0
Kinsler 2b	4	1	3	3	BUpton cf	4	0	1	0
Francr rf	4	0	0	0	DJhnsn dh	2	0	0	0
BMolin c	4	0	1	0	WAyar ph-dh	1	0	0	0
Morlnd 1b	4	0	1	0	Shppch c	3	0	0	0
SRdrgz 2b	3	1	1	0					
Totals	37	5	11	4	Totals	33	1	6	1

Texas	100	101	002 — 5
Tampa Bay	001	000	000 — 1

E—J.Hamilton (1), Shoppach (1), Longoria (2). DP—Tampa Bay 2. LOB—Texas 5, Tampa Bay 5. 2B—N.Cruz (2), Moreland (3), Bartlett (1). HR—Kinsler (3). SB—Andrus (3), N.Cruz (1), B.Molina (1), B.Upton (2).

	IP	H	R	ER	BB	SO
Texas						
Cl.Lee W,2-0	9	6	1	1	0	11
Tampa Bay						
Price L,0-2	6	8	3	3	0	6
Balfour	1	0	0	0	0	1
Benoit	1	0	0	0	0	1
R.Soriano	1	3	2	2	0	0

Umpires—Home, Jeff Kellogg; First, Mike DiMuro; Second, Tim Welke; Third, Jim Wolf; Right, Bill Miller; Left, Jerry Meals.
T—3:00. A—41,845 (36,973)
at St. Petersburg, Fla.

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

DIVING
Men
3-metre synchronized: Alexandre Despatie, Laval, Que., and Reuben Ross, Pilot Butte, Sask., won gold.
Women
1-metre springboard: Jennifer Abel, Laval, Que., wins gold; Emelie Heymans, St-Lambert, Que., won bronze.

FIELD HOCKEY
Men
Canada def. Malaysia 3-2 in seventh-place game.

RHYTHMIC GYMNASTICS
Women
Team:Canada wins silver.

RUGBY SEVENS
Men
Canada finishes eighth, loses 17-10 to Papua New Guinea in consolation Bowl final.

SHOOTING
Women
10-metre air pistol pairs: Dorothy Ludwig, Langley, B.C., and Lynda Hare, Calgary, win bronze.

TRACK AND FIELD
Men
4x100 relay: Canada (Hank Palmer, Lasalle, Que.; Seyi Smith, Ottawa; Jared Connaughton, New Haven, P.E.I.; Sam Effah, Calgary), disqualified for exchange violations.
Women
Pole vault: Carly Dockendorf, Port Moody, B.C., and Kelsie Hendry, Saskatoon, tied for third, 4.25.
800 metres: Megan Wright, Edmonton, eighth, 16:55.86.
4x400 relay: Canada (Amonn Nelson, Calgary; Adrienne Power, Halifax; Vicki Tolton, Smithers, B.C.; Carline Muir, Edmonton), fourth, 3:30.20.

TRANSACTIONS

BASEBALL

MLB
AMERICAN LEAGUE
DETROIT TIGERS — Declined their 2011 contract option on OF Maggio Ordonez.
NATIONAL LEAGUE
CHICAGO CUBS — Announced the retirement of ticket operations director Frank Maloney, effective at the end of the 2010 calendar year.

FOOTBALL

NFL
BUFFALO BILLS — Signed LB Thomas Williams to the practice squad.
CLEVELAND BROWNS — Re-signed QB Brett Ratliff. Terminated the contract of WR Sam Aiken.
NEW ENGLAND PATRIOTS — Placed OL Nick Kaczur on injured reserve.

HOCKEY

NHL
ANAHEIM DUCKS — Signed G Igor Bobkov to a three-year contract.
BOSTON BRUINS — Assigned G Nolan Schaefer to Providence (AHL).
CAROLINA HURRICANES — Assigned F Jiri Tlusty to Charlotte (AHL) for conditioning.
TORONTO MAPLE LEAFS — Waived D Jeff Finger.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-New York	28	14	8	6	35	27	48
x-Columbus	28	13	8	7	35	31	46
Kansas City	28	10	12	6	32	33	36
Chicago	28	8	12	8	33	37	32
Toronto FC	28	8	13	7	28	37	31
New England	28	8	15	5	31	48	29
Philadelphia	28	7	14	7	32	45	28
D.C. United	28	6	19	3	19	44	21

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	28	17	6	5	41	22	56
x-Real Salt Lake	28	14	4	10	41	18	52
x-FC Dallas	28	12	2	14	41	24	50
x-Seattle	28	13	9	6	36	32	45
x-San Jose	27	12	8	7	30	28	43
Colorado	28	11	8	9	39	29	42
Chivas USA	27	8	15	4	29	36	28
Houston	28	7	15	6	37	48	27

x — clinched playoff berth.
Last night's result
Kansas City 2 Chicago 0
Friday's game
(All times Eastern)
Chivas USA at Seattle, 11 p.m.

2012 EUROPEAN CHAMPIONSHIP QUALIFYING

Group A
Azerbaijan 1, Turkey 0
Belgium 4, Austria 4
Kazakhstan 0, Germany 3
Group B
Armenia 4, Andorra 0
Macedonia 0, Russia 1
Slovakia 1, Ireland 1
Group C
Estonia 0, Slovenia 1
Faeroe Islands 1, Northern Ireland 1
Italy 0, Serbia 0
(abandoned, 7 minutes, fan violence)
Group D
Belarus 2, Albania 0
France 2, Luxembourg 0
Group E
Finland 1, Hungary 2
Netherlands 4, Sweden 1
San Marino 0, Moldova 2
Group F
Greece 2, Israel 1
Latvia 1, Georgia 1
Group G
England 0, Montenegro 0
Switzerland 4, Wales 1
Group H
Denmark 2, Cyprus 0
Iceland 1, Portugal 3
Group I
Liechtenstein 0, Czech Republic 2
Scotland 2, Spain 3

CFL

WEEK 16

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Montreal	14	10	4	0	455	356	20
Hamilton	14	7	7	0	366	366	14
Toronto	14	7	7	0	283	363	14
Winnipeg	14	4	10	0	392	385	8

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Calgary	14	10	4	0	471	341	20
x-Saskatchewan	14	9	5	0	399	369	18
B.C.	14	5	9	0	356	366	10
Edmonton	14	4	10	0	273	449	8

x — clinched playoff berth.
Friday's game
(All times Eastern)
Hamilton at Toronto, 7:30 p.m.
Saturday's game
Edmonton at B.C., 10 p.m.
Sunday's games
Winnipeg at Montreal, 1 p.m.
Calgary at Saskatchewan, 4 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Jets	4	1	0	.800	135	81
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	5	0	.000	87	161

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	2	0	.600	118	136
Jacksonville	3	2	0	.600	107	137
Tennessee	3	2	0	.600	132	95
Indianapolis	3	2	0	.600	136	101

NORTH

	W	L	T	Pct	PF	PA
Baltimore	4	1	0	.800	92	72
Pittsburgh	3	1	0	.750	86	50
Cincinnati	2	3	0	.400	100	102
Cleveland	1	4	0	.200	78	97

WEST

	W	L	T	Pct	PF	PA
Kansas City	3	1	0	.750	77	57
Oakland	2	3	0	.400	111	134
Denver	2	3	0	.400	104	116
San Diego	2	3	0	.400	140	106

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	2	0	.600	89	92
N.Y. Giants	3	2	0	.600	106	98
Philadelphia	3	2	0	.600	122	103
Dallas	1	3	0	.250	81	87

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	4	1	0	.800	113	70
Tampa Bay	3	1	0	.750	74	80
New Orleans	3	2	0	.600	99	102
Carolina	0	5	0	.000	52	110

NORTH

	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	92	74
Green Bay	3	2	0	.600	119	89
Minnesota	1	3	0	.250	63	67
Detroit	1	4	0	.200	126	112

WEST

	W	L	T	Pct	PF	PA
Arizona	3	2	0	.600	88	138
Seattle	2	2	0	.500	75	77
St. Louis	2	3	0	.400	83	96
San Francisco	0	5	0	.000	76	130

WEEK 5

Byes: Miami, New England, Pittsburgh, Seattle
Monday's result
N.Y. Jets 29 Minnesota 20
Sunday's results
Arizona 30 New Orleans 20
Atlanta 20 Cleveland 10
Baltimore 31 Denver 17
Chicago 23 Carolina 6
Detroit 44 St. Louis 6
Indianapolis 19 Kansas City 9
Jacksonville 36 Buffalo 26
N.Y. Giants 34 Houston 10
Oakland 35 San Diego 27
Philadelphia 27 San Francisco 24
Tampa Bay 24 Cincinnati 21
Tennessee 34 Dallas 27
Washington 16 Green Bay 13 (OT)

WEEK 6

Byes: Arizona, Buffalo, Carolina, Cincinnati
Sunday, Oct. 17
Seattle at Chicago, 1 p.m.
Miami at Green Bay, 1 p.m.
Kansas City at Houston, 1 p.m.
Cleveland at Pittsburgh, 1 p.m.
San Diego at St. Louis, 1 p.m.
Detroit at N.Y. Giants, 1 p.m.
Baltimore at New England, 1 p.m.
Atlanta at Philadelphia, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
N.Y. Jets at Denver, 4:05 p.m.
Oakland at San Francisco, 4:05 p.m.
Dallas at Minnesota, 4:15 p.m.
Indianapolis at Washington, 8:20 p.m.
Monday, Oct. 18
Tennessee at Jacksonville, 8:30 p.m.

COMMUNITY 2

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▶ The smart alternator on Hyundai's Tucson helps save fuel.

Hyundai's Smart alternator

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Very seldom do auto companies make giant strides in fuel economy through the use of single technologies. More often, it's the result of small savings here and there, which all add up – including "smart" alternator technology used by companies such as Hyundai.

"They're small numbers (in fuel savings), but everything counts."
JOHN JURIGA, HYUNDAI DIRECTOR OF POWERTRAIN

The car's alternator generates electricity to recharge the battery while the engine is running. "The battery is constantly losing energy to feed these systems, and when it gets low enough, it says, 'I need more energy,' and the alternator feeds the battery," says John Juriga, director of powertrain at the Hyundai Kia America Technical Center in Detroit, Michigan. "With a smart alternator, there's a constant check as to what the battery voltage is."

Unlike a conventional system, the smart alternator selects the best time to recharge the battery, such as during deceleration. When the driver is accelerating, and if the battery doesn't need to be charged immediately, the smart alternator holds off. "You want that energy to go to the wheels, to move the vehicle forward," Juriga says.

"If the battery voltage was below the minimum threshold, it would still charge the battery during acceleration," Juriga says.

"You'd lose a little performance, but the battery takes priority and that's why it's 'smart.'"

Laramie combines power, luxury

Chrysler Group LLC unveiled the most luxurious Ram Truck ever produced by the company at the recent Texas State Fair.

Named the Ram Laramie Longhorn edition, the Ram lineup's most well-appointed model is designed for the owner who needs a truck for work or play, but won't settle for anything but the finest quality and refinement.

Inside and out, Laramie Longhorn is loaded with remarkable features.

Ram Laramie Longhorn edition models are prominently commemorated with distinctive Western-style exterior badges.

Laramie Longhorn edition is available in five colour choices, including an exclusive Sagebrush with White Gold exterior paint. METRO

5 drive

In brief

Ford is preparing to take the wraps off a comprehensively redesigned, new-generation compact pick-up developed in Australia for sale in 180 global markets.
The all-new Ford Ranger will be unveiled at the Australian International Motor Show, on Friday. The new Ranger is designed and engineered at Ford Australia's Campbellfield product development facility.
CARGUIDE

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Auto Pilot

MIKE GOETZ
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AFTER MORE THAN 80 YEARS, THE V8 STILL RULES

The latest Ford F-150 is a prime example

Henry Ford was backed into a corner. It was late in the 1920s, and both Plymouth and Chevrolet had modern cars with new six-cylinder engines. Ford, however, was still plugging away with the long-in-the-tooth four-cylinder Model A.

Chevy, in particular, was eating big chunks of Henry's lunch.

He knew he had to do something drastic.

He charged his best engineers to design a low-priced V8 motor with a one-piece cylinder block. Previous V8 designs had two or more sections, making them very labour intensive to build, and consequently, expensive.

The resulting motor displaced 221 cubic inches (3.6-litres), made 65 hp, and debuted in the 1932 Ford I8 (soon to be known and loved as "The Deuce").

Reliability didn't come overnight, but when it did, so did V8 love on a big scale. The mass-produced V8 was on its way to becoming the bedrock of the American auto industry, and an American icon.

Fast forward to the 2011 model year, and we see that Ford has once again done some heavy thinking about the V8. The current and best-selling F-150 full-size pickup has flaunted its "all V8" powertrain choices for some time now, but 2011 sees it embrace a new vision — two new V6s, and two new V8s.

It's the most extensive powertrain overhaul in the truck's 62-year history (see sidebar).

If you look at the numbers it's obvious the V6s can do the job and then some — and they promise "better-than-V8" fuel economy (though the new V8s also boast improved efficiency). This portends a "V6" sea change for the full-size pickup market, one of the last strongholds for V8 power.

But the inclusion of the new 5.0-litre V8, which also sees duty in the 2011 Mustang GT, speaks volumes about the continuing allure of the V8 engine.

▶ The Ford F-150 comes in V8 or V6 .

Options

2011 Ford F-Series Power Options:

- 3.7-litre V6, with 303 hp and 278 torques, and 6,100 lbs towing capacity.
- 5.0-litre V8, with 360 hp and 380 torques, and 9,800 lbs towing capacity.
- 3.5-litre EcoBoost V6, with 360 hp and 420 torques, and 11,300 lbs towing capacity.
- 6.2-litre V8, with 411 hp and 434 torques, and 11,300 lbs towing capacity.

Correction

Fiesta is available now

Metro Drive reported that Ford Fiesta 2011 would be available in showrooms next summer. The Ford Fiesta 2011 subcompact model is available in showrooms now.

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2010 Dodge Grand Caravan SXT shown.§

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2010 Dodge Journey R/T AWD shown.§

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SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, *, †, ±, ††, §, ^ The New Fall Colours Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after October 1, 2010. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealer for complete details and conditions. •$21,488 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F+CL9) only and includes $6,500 Consumer Cash Discount. $19,988 Purchase Price applies to 2010 Dodge Journey SE (22F+CLE) only and includes $1,250 Consumer Cash Discount. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. See participating dealer for complete details. *Consumer Cash Discounts are offered on most new 2010 and Select 2011 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and Ally Credit Canada on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber, Compass and Patriot 4x2. Dealer may not be able to match this rate. Dealer may choose to offer alternate rates and terms through TD Financing Services and Royal Bank of Canada. Bi-weekly payments are $5.54 per $1,000 financed at 0% for 36 months. Taxes, insurance, registration, any dealer administration fees and other applicable taxes are extra. Dealer order/trade may be necessary. Dealers may sell for less. ±Based on 84 month financing. Variable rate shown is based on RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer is not open to residents of Quebec. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating dealer for complete details. ††Customer Choice Financing for 36-, 48- and 60-month terms on approved credit through TD Financing Services is available at participating dealerships to qualified retail customers on most new 2010 and 2011 Chrysler, Jeep, Dodge and Ram models except Grand Caravan Cargo Van, and Ram Chassis Cab. Vehicles are financed over a 36-, 48- and 60-month term with payments amortized over a term of up to 96 months and the pre-determined residual balance payable at the end of the contract. At contract's end, customers have the choice of returning their vehicle through a Chrysler, Jeep, Dodge, Ram dealership with no further obligations (except payment of a $199 return fee and excess wear and tear, mileage and similar charges), financing the remaining balance for the rest of the amortization period at then-current standard rates or paying the residual balance in full. Some conditions apply. Customer Choice Financing in Quebec subject to different terms and conditions. Examples: 2010 Dodge Grand Caravan Canada Value Package (24F+CL9)/2010 Dodge Journey SE (22F+CLE) with a Purchase Price of $21,488/$19,988 financed at 4.99%/4.99% for 60 months with $0 down payment is $154.42/$138.52 bi-weekly ($309.84/$277.04 monthly) with a total obligation of $25,988.40/$23,283.36. Taxes, insurance, registration, any dealer administration fees and other applicable taxes are extra. Dealer order/trade may be necessary. Dealers may sell for less. ‡Loyalty Bonus Cash is offered on most 2010 and 2011 vehicles to qualified retail customers who have leased their vehicle for the last 6 months. Vehicle must be returned to dealership at lease end. Some conditions apply. See your dealer for complete details. §2010 Dodge Grand Caravan SXT shown. Price including applicable Consumer Cash Discount: $27,595. 2010 Dodge Journey R/T AWD shown. Price including applicable Consumer Cash Discount: $30,045. Pricing includes freight ($1,400) and excludes licence, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ^Loyalty Bonus Cash is offered on most 2010 and 2011 models, (with the exception of 2010 Dodge Caliber SE, 2010 Jeep Compass and Patriot 4x2, 2010 Jeep Wrangler Sport, 2010 Dodge Journey SE, 2010 Dodge Grand Caravan CVP and Cargo Van (C/V)), and is deducted from the negotiated price after taxes. Eligible customers include those with Gold Key Lease maturity dates between November 1, 2010 and January 3, 2011. Some conditions apply. See your dealer for complete details. ‡Based on U.S. National Highway Traffic Safety Administration (NHTSA) scoring system for 2010 model year Dodge Grand Caravan and Journey. ^Based on January through June, 2010 R.L. Polk sales total registrations. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. The Best Buy Seal is a registered trademark of Consumer's Digest Communications LLC, used under licence. Customer Choice Financing is a trademark of Chrysler Group LLC.

Now you can afford one

But shop around to make sure your choice has been well-treated

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

▶ Some call the BMW M3 one of the ultimate sportscars of the modern era.

The specs

- **MODEL** 2001 to 2006 BMW M3
- **VEHICLE TYPE** Coupe or convertible
- **APPROXIMATE USED PRICE RANGE** $17,500 to $27,000

Many owners, reviewers, enthusiasts and even weekend motorsport aficionados say the last-generation BMW M3 is one of the ultimate sports cars of the modern era.

Though a huge price tag and relative exclusivity meant the M3 wasn't always an easily-attainable car, the last-generation model is now becoming a popular and more affordable used car buy than ever.

The last complete M3 generation was on sale to us Canadians from 2001 to 2006 inclusive. All models were rear-drive, two-doors offered in coupe or convertible body styles. The model launched with a 3.2 litre straight-six engine with 333 horsepower and 262 lb.-ft of torque.

Yee haw.

A six-speed stick was standard, and a six-speed Sequential Manual Gearbox (SMG) was added to the options list later in this generation's life.

The SMG transmission effectively automated the manual unit, putting two shifting modes at the driver's disposal.

The SMG was a high-tech toy enjoyed by many owners – though it was often considered harsh, clumsy and abrupt. Unproven reliability and a complex computer system will likely increase repair costs should the SMG require repair.

Those who prefer a stick-shift are advised to stick to their guns.

Other hardware included automatic climate control, a Harmon Kardon audio system, powered and heated leather seats, a self-dimming rearview mirror and a set of automatic xenon headlamps.

What owners like

Performance, prestige, exclusivity, brand reputation and styling all rate highly amongst last-generation M3 owners.

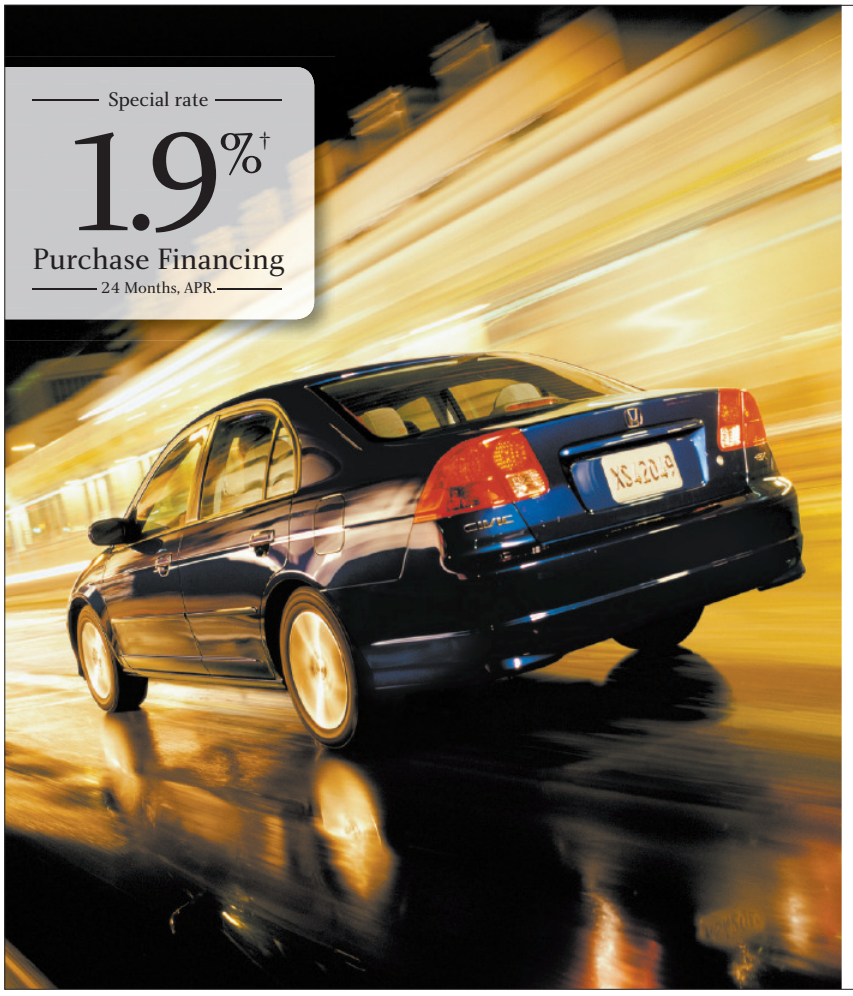
What owners hate

Common M3 complaints include a harsh ride on some surfaces, excessive fuel consumption and limited space and practicality.

Common issues

Numerous M3 models produced between early 2001 and mid 2003 were recalled for a bearing and lubrication problem that could cause engine failure. As such, avoid earlier models where possible.

Check the condition of consumable parts like tires, brakes and the clutch. A pre-purchase inspection by a BMW-trained technician can reveal a potentially expensive problem the seller may be trying to hide.



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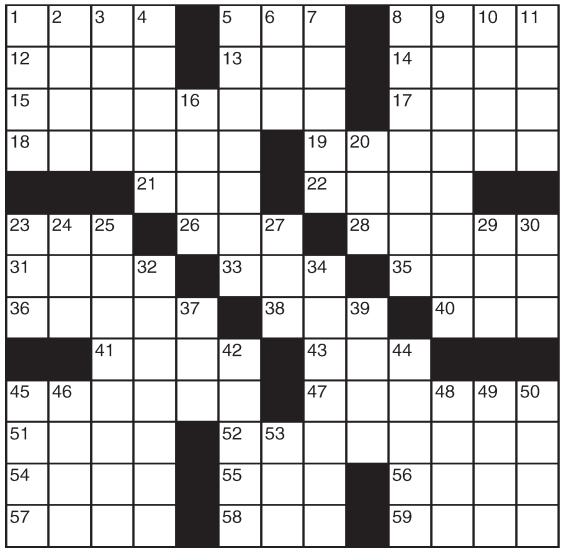
Crossword



Across

1 Use a teaspoon
5 That woman
8 Wound cover
12 One of LBJ's daughters
13 Candle material
14 Jason's ship
15 Cute story
17 Bound
18 Package
19 Helicopter blades
21 Under the weather
22 Anything but that
23 Scenery chewer
26 Journey segment
28 Sleep soundly?
31 Final notice
33 — de plume
35 List-ending abbr.
36 Mexican money
38 Reaction to fireworks
40 Tackle's teammate
41 Resign
43 Insult (SL)
45 Curriculum component
47 Extreme selfishness
51 Stratford's river
52 "I Luv U" message
54 Clarinetist Fountain
55 Pendulum's place
56 Particular
57 Quarry
58 Attempt
59 Mafia boss

Down

1 Hit open-handedly
2 Albacore, e.g.
3 Bakery employee
4 Actress Christina
5 Distended
6 Chapeau
7 Put forth, as strength
8 Cracker type
9 Wood preservative
10 Culture medium
11 Conks on the noggin
16 Computer brand
20 Surprise cries
23 Go like a bunny
24 Copper head?
25 Interviewee's worry
27 Moo — gai pan
29 Scooted
30 Days of yore, once
32 U.S. Open, e.g.
34 Unwillingness to boast
37 One of the kin
39 Lofty
42 Entice
44 Video-game hedgehog
45 "Li'l Abner" creator
46 Finished
48 Tittle
49 Staircase part
50 "Note to self" note
53 Atmosphere

▶ Yesterday's answer

L	A	M	P	■	D	E	B	■	C	O	W	S
O	L	I	O	■	O	V	A	■	O	B	I	E
C	O	R	D	E	L	I	A	■	R	O	S	A
H	U	E	■	A	L	L	■	A	D	E	P	T
■	■	■	C	R	Y	■	T	H	O	■	■	■
F	U	T	O	N	■	Q	U	I	N	I	N	E
A	F	A	R	■	G	E	T	■	I	R	I	S
T	O	D	D	L	E	D	■	K	N	E	L	T
■	■	■	I	S	M	■	B	U	G	■	■	■
B	R	O	A	D	■	S	I	R	■	A	F	T
E	A	R	L	■	C	O	R	D	U	R	O	Y
E	T	A	L	■	A	R	C	■	R	E	A	P
R	E	L	Y	■	N	T	H	■	N	A	M	E

Sudoku

4				3	5	7		2
7	9						1	
				1	8		4	
	7					8		
			2		4			
		6					3	
	4		8	6				
	2						9	6
1		9	3	7				5

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	5	6	1	8	3	9	4
4	9	1	2	3	5	7	6	8
6	8	3	9	7	4	5	1	2
7	5	6	1	2	9	8	4	3
1	4	8	3	5	6	2	7	9
3	2	9	8	4	7	1	5	6
8	1	7	4	9	3	6	2	5
9	3	2	5	6	1	4	8	7
5	6	4	7	8	2	9	3	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Michele Gats...you need to know that I got ur back...that we're gonna make it through this. Nobody else brings me security like you do 1-4-3 Babe. JG

Mattie, from stupid decision to burnt pancakes at 3am to zombie apocalypse-ing,you are my best friend and quite simply the only one for me.<3 you always. AJM

Cristin- After five years of us you are still "kissing my teeth", that's because I am still smiling when you do. I love you so very much and always wake up happy because you are beside me, in everything, in life. WITH ALL MY LOVE, YOUR (GROWLY) BEAR

Kayla and Jerrie,
I don't know how I went this long without having such great friends. Thanks for the memories. Love you always and forever. YOUR BOO MARK

A look at the weather

TODAY	THURSDAY	FRIDAY
Min 1° Max 19°	Min 1° Max 9°	Min -3° Max 7°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

BT BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 You may lose out in one area today but you will make up for it in another. Life is all about balance and circumstances will always conspire to bring you back to a point of equilibrium.

Taurus April 21-May 21 Avoid entanglements of an emotional nature. Above all avoid situations where you may be required to take sides. You've got enough problems of your own to deal with.

Gemini May 22-June 21 Some people you get along with and some people you don't and that's just the way it is. You don't have to apologize for avoiding someone you don't much like. Maybe they should apologize!

Cancer June 22-July 22 Someone you have feelings for on a personal level will make it possible for you to get ahead professionally or financially today. It's not always the case that duty and pleasure should be kept apart.

Leo July 23-Aug.23 You will have to make some kind of sacrifice today but you won't mind a bit — in fact it will feel good to do something positive for those less fortunate than you.

Virgo Aug. 24- Sept. 22 A friend desperately needs your assistance but is afraid to ask, not least because the mess they are in is somewhat embarrassing. Fortunately you will go out of your way to help.

Libra Sept. 23-Oct. 23 It may worry you that someone is being so secretive but you have nothing to fear. The reason they don't want you to know what they are up to is because they're afraid you won't approve.

Scorpio Oct. 24-Nov. 22 You may be going through a difficult phase but you are not alone. If you ask for help today you will be surprised by how much you get. It's called loyalty.

Sagittarius Nov. 23-Dec. 21 Play by the rules, even if you are pretty sure that you could get away with ignoring them. You may not realize it but you are a role model to a great many people.

Capricorn Dec. 22-Jan. 20 Someone will flatter you shamelessly today and although you know they have ulterior motives it will still do your ego a power of good.

Aquarius Jan. 21-Feb. 18 Is your work a chore? Then it's the wrong thing for you. Take time out of your busy schedule to ask yourself what kind of work would make you happy — then start moving towards that as your goal.

Pisces Feb. 19-March 20 A creative project will start to come right today and you will be delighted to have something to show for your efforts. But don't stop there. Now you've got the momentum going you must keep it going. SALLY BROMPTON

Caption contest

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